

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cedar View Senior Center March 2024 Activities Calendar	Lunch reservations should be made by 10:00 AM the day before. Call Anne at 610-398-1094 We are located at 4230 Dorney Park Rd Allentown, PA 18104			1
				9:30 AM Coffee Hour Board Games/Cards 10:00 AM Mahjong 10:00 AM Chair Exercises DVD 12:00 PM LUNCH
4	5	6	7	8
9:30 AM Coffee Hour 10:00 AM Tai Chi – Veterans 10:30 AM Tai Chi - Newbies 12:00 PM LUNCH	Philadelphia Flower Show Bus Trip	10:15AM In-person Chair Exercise 12:00 PM LUNCH	9:30 AM BINGO 12:00 PM LUNCH 12:30 PM Chronic Pain Self-Management	9:30 AM Coffee Hour Board Games/Cards 10:00 AM Mahjong 10:00 AM Chair Exercises DVD 12:00 PM LUNCH
11	12	13	14	15
9:30 AM Coffee Hour 10:00 AM Tai Chi – Veterans 10:30 AM Tai Chi - Newbies 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 10:00 AM Healthy Steps Exercise class 12:00 PM LUNCH	9:30 AM Coffee Hour 10:00 AM Wii Bowling 10:15AM In-person Chair Exercise 12:00 PM LUNCH 1:00 PM Music with Johnny K	9:30 AM BINGO 12:00 PM LUNCH 12:30 PM Chronic Pain Self-Management	9:30 AM Coffee Hour Board Games/Cards 10:00 AM Mahjong 10:00 AM Chair Exercises DVD 12:00 PM LUNCH
18	19	20	21	22
9:30 AM Coffee Hour 10:00 AM Tai Chi – Veterans 10:30 AM Tai Chi - Newbies 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 10:00 AM Healthy Steps Exercise class 12:00 PM LUNCH	10:15 AM In-person Chair Exercise 11:00 AM Drinks for Healthy Weight Presentation by our Registered Dietitian 12:00 PM LUNCH	9:30 AM BINGO 12:00 PM LUNCH 12:30 PM Chronic Pain Self-Management	9:30 AM Coffee Hour Board Games/Cards 10:00 AM Mahjong 10:00 AM Chair Exercises DVD 12:00 PM LUNCH
25	26	27	29	29
9:30 AM Coffee Hour 10:00 AM Tai Chi – Veterans 10:30 AM Tai Chi - Newbies 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 10:00 AM Healthy Steps Exercise class 12:00 PM LUNCH	9:30 AM Coffee Hour 10:00 AM Wii Bowling 10:15 AM In-Person Chair Exercise 12:00 PM LUNCH	9:30 AM BINGO 12:00 PM LUNCH 12:30 PM Chronic Pain Self-Management	Center Closed For Good Friday

For more information, Call Anne 610-398-1094