












Activities

Polk County Senior Services- The Meeting Place

March, 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30-Get Movin'! 10:00-Pour Painting w/Abbie** 10:30-Blue Zone Cooking w/Gail- Overnight Oat Variations 1:00-Qi Gong	2 Create Like Series: Spotighting Female Artists for Women's History Month March 8-Friday Matinee
3 March 6- 2:30: Dementia/Alzheimer's Caregiver's Support Group	4 9:30-Vaya Health: Hoarding Disorder: Hidden Secrets 10:30-Coffee & Updates w/Staff 11:10-Cardio Drumming	5 9:30-Beginners Cycling 10:00-Devotions 10:30-REFIT® Lite 12:00-Lunch & Learn- ICC Continuing Education 1:00-Tai Chi 1:00-Games	6 9:00-Smoothies 9:30-Advanced Yoga 10:30-Trivia- History 10:30-Beginners Yoga** 11:15-Share thy Bread 1:00-Qi Gong	7 9:30-Intermediate Cycling 10:30-TV Game Show Fun:Family Feud 10:30- REFIT® 1:00-Games	8 9:30-Get Movin'! 10:30-Create Like Sonia Delaunay- Geometric Watercolor Painting 12:45-Friday Matinee-The Big Year 1:00-Qi Gong <i>National Women's Day</i>	9 
10 4:00-5:30Southern Belles Ladie's Only Square Dancing Group	11 9:30-12:00-Free Tax Clinic w/Pisgah Legal Services** 9:30-Get Movin'! 10:30-Seated Strength 12:00-Lunch & Learn:The Caption Call Program	12 9:30-Plant a Flower Day Activity 10:00-Devotions 10:30-REFIT® Lite 1:00-Tai Chi 1:00-Games	13 9:30-Advanced Yoga 9:30-Arts & Crafts w/Lisa- Paper Flowers 10:30-Irish Music w/Blue Wall 10:30-Beginners Yoga** 1:00-Qi Gong	14 9:30-Intermediate Cycling- <i>Riding thru the Hills of Ireland (Wear Green!)</i> 10:30- REFIT® 1:00-Games 	15 9:30-Get Movin'! 10:00-Bowling at Autumn Lanes 10:30-Local History w/James 1:00-Qi Gong	16 March 8: Geometric Watercolor Painting 
17 	18 9:30-Get Movin'! 10:30-Seated Strength 11:00-Intro to Diamond Painting: Round Coaster 	19 9:30-Beginners Cycling 10:00-Devotions 10:30-REFIT® Lite 1:00-Tai Chi 1:00-Games <i>First Day of Spring</i> 	20 10:30-Bingo w/Hopscotch 11:15-Share thy Bread 1:00-Qi Gong <i>March Birthdays Celebration!</i> 	21 9:30-Intermediate Cycling 10:30-Homemade Dusting Spray w/Essential Oils** 10:30- REFIT® 1:00-Games: Memory Games for National Memory Day	22 9:30-Get Movin'! 10:30-Create Like Georgia O'Keeffe: Nature up Close 1:00-Qi Gong	23
24	25 9:30-Get Movin'! 10:00-Pour Painting w/Abbie** 10:30-Seated Strength 	26 9:30-Beginners Cycling 10:00- Breakfast w/Hopscotch: Diabetes Awareness & Prevention 10:30-REFIT® Lite 1:00-Tai Chi 1:00-Games	27 9:30-Advanced Yoga 9:30-Arts & Crafts w/Lisa- Woven mini Easter Egg Baskets 10:30-Trivia- <i>Easter/Spring</i> 10:30-Beginners Yoga** 1:00-Qi Gong	28 9:30-Intermediate Cycling 10:30-Paint it Up: Tuscan Landscape 10:30- REFIT® 1:00-Games	29 Center Closed 	30 
31 	Drop in Activities: Fitness Room, Game Room, Puzzling, Board/Card Games, Outdoor Sports (pickleball, cornhole, ping pong, horseshoes, croquet, bocce) Open Art Studio (8:30am-3pm, Daily) SHIIP volunteers are onsite to answer Medicare questions by appointment. Available: Smart Television, Communal Computer, WiFi Coffee, Tea, and Water is available at 9:30am thru lunch on most days. Activities with ** require sign-up.					