



# MARCH 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 "Lunch will be served in Room 28" Dominoes 1:00 pm</p>	<p>3 Current Events 10am -11 noon Chronic Pain Management workshop 10-12 pm Adult Coloring 11:00-12pm</p>	<p>4 Stay well exercise 10:am-11:am Ladies line dancing 11:00am-12:00pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>5 Movie 10-12 pm Word Puzzle 11:00am-12:00pm</p>	<p>6 Men Line Dancing w/Voncile 9-10 am Ladies line dancing 10-11 am Sing A-Long 11 am - 12 PM</p>
<p>9 Health and Wellness 10-11 am "Staying Fresh and Alive" 11 am-Noon Dominoes 1:00 pm</p>	<p>10 Current Events 10am -11 noon Chronic Pain Management workshop 10-12 pm Adult Coloring 11:00-12pm Women's month Celebration 1:00pm</p>	<p>11 Blood Pressure 9:00am-10:00am Stay well exercise 10:am-11:am Ladies line dancing 11:00am-12:00pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>12 Movie 10-12 pm Word Puzzle 11:00am-12:00pm Lunch Hour</p>	<p>13 Men Line Dancing w/Voncile 9-10 am Ladies line dancing 10-11 am Sing-A-Long 11 am - 12 PM</p>
<p>16 Health and Wellness 10-11 am "Staying Fresh and Alive" 11 am-Noon Dominoes 1:00 pm</p>	<p>17 Current Events 10am -11 noon Chronic Pain Management workshop 10-12 pm Adult Coloring 11:00-12pm am-12:00pm</p>	<p>18 Stay well exercise 10:am-11:am Ladies line dancing 11:00am-12:00pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>19 Movie 10-12 PM Word puzzle 11-12:00PM</p>	<p>20 Men Line Dancing w/Voncile 9-10 am Ladies line dancing 10-11 am Sing-A-Long 11 am - 12 PM</p>
<p>23 Health and Wellness 10-11 am "Staying Fresh and Alive" 11 am-Noon Dominoes 1:00 pm</p>	<p>24 Common Pantry 9:00am Current Events 10am -11 noon Elder Abuse presentation 11:00 am Adult Coloring 11:00 am-12:00pm</p>	<p>25 Blood Pressure 9:00am-10:00am. Stay well exercise 10:am-11:am Ladies line dancing 11:00am-12:00pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>26 Movie 10-12 pm Word Puzzle 11:00am-12:00pm</p>	<p>27 Men Line Dancing w/Voncile 9-10 am Ladies line dancing 10-11 am Sing-A-Long 11 am - 12 PM</p>
<p>30 Health and Wellness 10-11 am "Staying Fresh and Alive" 11 am-Noon Dominoes 1:00 pm</p>	<p>31 Current Events 10am -11 noon Elder Abuse presentation 11:00 am Adult Coloring 11:00 am-noon</p>			



## **Bartow Senior Center**

**2049 Bartow Ave**

**Room 31**

**Bronx NY, 10475**

**929-399-1394**

**Opening Hours: 8 am - 4 pm**

**Staff**

**Program Director: Ann Moncrieffe**

**Program Coordinator: Dennisses Cardenas**

### **Daily Lunch**

**Daily hot cold, and hot meals.**

**Kosher , Alternative, Non-kosher**

**(12:00pm-1:15pm)**

### **Monthly Activities/Trips Offered**

- **3/10/2020- Women's month Celebration**
- **3/24/2020-Elder Abuse Presentation**

