

**MECHLER HALL SENIOR CENTER 2158 WATSON AVE BX, NY 10472 718-892-1396**  
**MARCH 2020 ACTIVITIES**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Domino 11:00 Current Events 11:00 Chair Exercise 1:00 Coloring for Relaxation	<b>3</b> 10:00 Open Discussion 10:00 Knitting 11:00 The Price is Right 1:00 Leisure Games	<b>4</b> 9:00 Current Events <b>10:00 Chair Massage</b> <b>11:00 Chair Massage</b> 1:00 Tips & Things	<b>5</b> 9:00 Domino 10:00 Arts & Crafts 11:00 Cells & Tablets Class 1:00 Open Discussion	<b>6</b> <b>10:00 Tai Chi for Arthritis</b> 11:00 Zumba 1:00 Coloring for Relaxation
<b>9</b> <b>10:00 Falls Prevention</b> <b>11:00 Cooking Workshop</b> 11:00 Current Events 11:00 Chair Exercise 1:00 Coloring for Relaxation	<b>10</b> <b>10:00 Chair Zumba</b> 10:00 Knitting 11:00 The Price is Right 1:00 Leisure Games	<b>11</b> 9:00 Current Events 10:00 Arts & Crafts <b>10:00 Chair Massage</b> <b>11:00 Chair Massage</b>	<b>12</b> 10:00 Arts & Crafts <b>10:00 Trip West Dinner Theat.</b> 11:00 Cells & Tablets Class 1:00 Open Discussion	<b>13</b> <b>10:00 Tai Chi for Arthritis</b> 11:00 Zumba 1:00 Coloring for Relaxation
<b>16</b> <b>10:00 Falls Prevention</b> <b>11:00 Cooking Workshop</b> 11:00 Current Events 11:00 Chair Exercise 1:00 Coloring for Relaxation	<b>17</b> <b>10:00 Chair Zumba</b> 10:00 Knitting 11:00 Open Discussion <b>12:00 St. Patrick's Day Lunch</b> 1:00 Leisure Games	<b>18</b> 9:00 Current Events <b>10:00 Chair Massage</b> <b>11:00 Chair Massage</b> 1:00 Tips & Things	<b>19</b> 9:00 Domino 10:00 Arts & Crafts 11:00 Cells & Tablets 1:00 Open Discussion	<b>20</b> <b>10:00 Tai Chi for Arthritis</b> 11:00 Zumba 1:00 Coloring for Relaxation
<b>23</b> <b>10:00 Falls Prevention</b> 10:00 Current Events <b>11:00 Pedestrian Safety</b> 11:00 Chair Exercise	<b>24</b> <b>10:00 Chair Zumba</b> 10:00 Knitting 10:00 Open Discussion <b>11:00 The Road Runners Club</b>	<b>25</b> <b>10:00 Chair Massage</b> <b>11:00 Chair Massage</b> <p align="center"><b>BIRTHDAY PARTY</b></p>	<b>26</b> 9:00 Domino 10:00 Arts & Crafts 11:00 Cells & Tablets Class 1:00 Open Discussion	<b>27</b> <b>10:00 Tai Chi for Arthritis</b> 11:00 Zumba 1:00 Coloring for Relaxation
<b>30</b> <b>10:00 Falls Prevention</b> 11:00 Current Events 11:00 Chair Exercise	<b>31</b> <b>10:00 Chair Zumba</b> 10:00 Knitting 11:00 Open Discussion 1:00 Leisure Games	<p align="center"><b><u>NEW PROGRAMS</u></b></p> <b>Cooking Workshops on Mondays</b> <b>Fall Prevention on Mondays</b> <b>Chair Zumba on Tuesdays</b> <b>Chair Massage on Wednesdays</b> <b>Tai Chi for Arthritis on Fridays</b>	<p align="center"><b><u>Hot Nutritious Lunch</u></b></p> Daily: 12:00-1:00pm Suggested Contribution \$1.50  Partially funded by generous grant from: Council member Rueben Diaz Sr.	<p align="center"><b><u>Telephone Reassurance</u></b></p> Are you lonely? Are you isolated? Are you homebound? Would you like to hear a friendly voice on the phone? If you answer yes to at least two of these questions we can help you. 718-882-3815



**Mechler Hall Senior Center**  
**2158 Watson Ave**  
**Bronx, New York**  
**718-892-1396**  
**[www.jasa.org](http://www.jasa.org)**

**Monday - Friday 9:00am to 2:00pm**

Partially funded by generous grant from: Council member  
Rueben Diaz Sr. & Jeffrey Klein

