

March 2023 – COA Programing
SPEAKER SERIES R.S.V.P. (413)298-4170 ext 263

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gentle Yoga w/ Antoinette at 10am In the GYM KNITTING w/ Roxanne 11:30am Senior Center	2 WALKING CLUB w/ Chris & Nancy 10am in the GYM Meals on Wheels 11:30 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	3	4
5	6 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	7 WALKING CLUB w/ Chris & Nancy 10am in the GYM Blood Pressure Clinic at Heaton Court 10:30 am BINGO 12:45 – 3 pm Senior Center	8 Gentle Yoga w/ Antoinette at 10am In the GYM KNITTING w/ Roxanne 11:30am Senior Center	9 WALKING CLUB w/ Chris & Nancy 10am in the GYM Meals on Wheels 11:30 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	10	11
12	13 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	14 WALKING CLUB w/ Chris & Nancy 10am in the GYM BINGO 12:45–3 pm Senior Center	15 Gentle Yoga w/ Antoinette at 10am In the GYM Speaker Series St Patrick’s Day Celebration 11:00am Irish Food, Music & Trivia Senior Center RSVP A MUST	16 WALKING CLUB w/ Chris & Nancy 10am in the GYM Meals on Wheels 11:30 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	17	18
19	20 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	21 WALKING CLUB w/ Chris & Nancy 10am in the GYM BINGO 12:45–3 pm Senior Center	22 Gentle Yoga w/ Antoinette at 10am In the GYM KNITTING w/ Roxanne 11:30am Senior Center	23 WALKING CLUB w/ Chris & Nancy 10am in the GYM Meals on Wheels 11:30 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	24	25
26	27 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	28 WALKING CLUB w/ Chris & Nancy 10am in the GYM BINGO 12:45 – 3 pm Senior Center				