






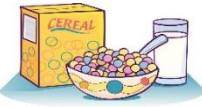


The Center is open Monday-Friday, 9 AM – 3 PM.

11:45 AM Lunch Service - You must pre-register for lunch a week in advance. Contact Staff at (814) 231-3076 to register.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Note: Activities are subject to change without advanced notice.</p> 		<p>Outings are on a first come first serve basis. You must see AAC staff at the front desk to sign up. It is your responsibility to sign up for outings, staff cannot assume that you would like to attend!</p>	<p><u>MEAL REMINDERS:</u> <u>Remember:</u> Meals are ordered on Monday for the following week. Please see the front desk to order meals. If you are not at the Center on Mondays, please call to order your meals by 3 PM. THERE WILL BE NO MEAL ADDITONS AFTER MONDAY AT 3 PM. *Please do not take a meal from the counter until you verify that you are signed up for that day's meal.</p>	<p>1 National Peanut Butter Lover's Day! 9 AM Games & Puzzles 9:30 AM 500 Bid Card Game 9-9:30 AM Silversneaker Boom 9:45-10:30 AM Silversneaker Mind 10 AM Canasta 10:30 AM "Learn to write your autobiography" Class #6 10:45 AM Line Dancing 11:45 AM Lunch</p>  <hr/> <p>Saturday, March 2nd, 9-11 AM Tai Chi (Pre-Register)</p>
<p>4</p> <p>9 AM Games & Puzzles 9:30 AM Penny Poker 9:30 AM Healthy Steps 10:45 AM Open Crafts 10:30 AM Line Dancing 11:45 AM Lunch 12 PM MahJongg</p>  <p>5 PM Get Me Moving</p> 	<p>5</p> <p>9 AM Games & Puzzles 9:30 AM Pinochle 10 AM Learn to Play Chair Volleyball! 10:30 AM Bridge 11:45 AM Lunch 12 PM Canasta</p> 	<p>6</p> <p>9 AM Games & Puzzles 9:10 AM Healthy Steps (45 min class) 9:30 AM Penny Poker 10 AM Line Dancing Lessons 10:30 AM Nickle Bingo 10:45 AM Line Dancing 11:45 AM Lunch 12 PM MahJongg</p>  <p>5 PM Tai Chi (Pre-Register)</p>	<p>7 National Cereal Day!</p> <p>9 AM Games & Puzzles 9:30 AM Healthy Steps 10:30 AM Bridge 10:30 AM Cereal Bar! Choose from a variety of cereals and milk for a morning snack! 11:45 AM Lunch 12 PM Open Artist Studio</p>  <p>5 PM Get Me Moving</p>	<p>8 Make-up Outing Pottery Studio *Trip is currently full, if you are interested, asked to be added to the waiting list) 9 AM Games & Puzzles 9:30 AM 500 Bid Card Game 10 AM Canasta 10 AM Writing Group 10:30 AM Games with Staff 10:45 AM Line Dancing 11:45 AM Lunch</p> <hr/> <p>Saturday, March 9th, 9-11 AM Tai Chi (Pre-Register)</p>

<p>11</p> <p>9 AM Games & Puzzles 9:30 AM Penny Poker 9:30 AM Healthy Steps 10:30 AM Open Crafts 10:45 AM Line Dancing 11:45 AM Lunch 12 PM MahJongg</p> <p>5 PM Get Me Moving</p>  	<p>12</p> <p>9 AM Games & Puzzles 9:30 AM Pinochle 10:30 AM Bridge 10:30 AM Master Gardeners presents "Poinsettia Care Follow-up" 11:45 AM Lunch 12 PM Canasta 5:30 PM ACAP Meeting (Adult Children of Aging Parents)</p> 	<p>13</p> <p>9 AM Games & Puzzles 9:30 AM Penny Poker 10 AM Line Dancing Lessons 10:30 AM Triad 10:45 AM Line Dancing 11:45 AM Lunch 12:15 PM Book Club with Karen from Schlow Library Book "The Violin Conspiracy" By: Brendan Slocumb 12 PM MahJongg</p> <p>5 PM Tai Chi (Pre-Register)</p>	<p>14</p>  <p>9 AM Games & Puzzles 9:30 AM Healthy Steps 10:30 AM Bridge 10:45 AM "Stroke Awareness" with Family Home Health 11:45 AM Lunch 12 PM Open Artist Studio</p> <p>5 PM Get Me Moving</p>	<p>15</p> <p>9 AM Games & Puzzles 9-9:30 AM Silversneaker Boom 9:30 AM 500 Bid Card Game 10 AM Canasta 10 AM Writing Group 9:45-10:30 AM Silversneaker Mind 10:30 AM St. Patrick's Day Celebration! 10:45 AM Line Dancing 11:45 AM Lunch</p>   <p>Saturday, March 16th, 9-11 AM Tai Chi</p>
<p>18</p> <p>9 AM Games & Puzzles 9:30 AM Penny Poker 9:30 AM Healthy Steps 10 AM Jewelry Making 101 with Dawn, pre-register, limited seating, \$8 10:45 AM Line Dancing 11:45 AM Lunch 12 PM MahJongg</p> <p>5 PM Get Me Moving</p>  	<p>19 First Day of Spring Wear Spring Colors or Florals!</p> <p>9 AM Games & Puzzles 9:30 AM Pinochle 10:30 AM Bridge 10:30 AM Card Making with Karen 11:45 AM Lunch 12 PM Canasta</p>  	<p>20</p> <p>9 AM Games & Puzzles 9:10 AM Healthy Steps (45 min class) 9:30 AM Penny Poker 10 AM Line Dancing Lessons 10:45 AM Line Dancing 11 AM "Schlow Labs" Join Karen from Schlow Library to learn about programs Schlow has to offer. 11:45 AM Lunch 12 PM MahJongg</p> <p>5 PM Tai Chi (Pre-Register)</p>	<p>21 OUTING TO HOBBY LOBBY & LUNCH AT PRIME SIRLOIN (*Trip is Weather Permitting)</p> <p>9 AM Games & Puzzles 9:30 AM Healthy Steps 10:30 AM Bridge 11:45 AM Lunch 12 PM Open Artist Studio</p> <p>5 PM Get Me Moving</p>  	<p>22</p> <p>9 AM Games & Puzzles 9-9:30 AM Silversneaker Boom 9:30 AM 500 Bid Card Game 10 AM Canasta 10 AM Writing Group 10:30 AM Crafting with Vicki (*Cost \$2, limited seating must pre-register) 9:45-10:30 AM Silversneaker Mind 10:45 AM Line Dancing 11:45 AM Lunch</p> <p>Saturday, March 23rd, 9-11 AM Tai Chi (Pre-Register)</p>
<p>25 National Wear a Hat Day!</p>   <p>9 AM Games & Puzzles 9:30 AM Penny Poker 9:30 AM Healthy Steps 10:30 AM March Birthday Celebration sponsored by Juniper Village 10:45 AM Line Dancing 11:45 AM Lunch 12 PM MahJongg</p> <p>5 PM Get Me Moving</p> 	<p>26</p> <p>9 AM Games & Puzzles 9:30 AM Pinochle 10:30 AM Bridge 10:30 AM Master Gardeners "Learn about Maple Syrup" 11:45 AM Lunch 12 PM Canasta</p> 	<p>27</p> <p>9 AM Games & Puzzles 9:30 AM Penny Poker 10 AM Line Dancing Lessons 10:30 AM Dime Bingo 10:45 AM Line Dancing 11:45 AM Lunch 12 PM MahJongg</p>  <p>5 PM Tai Chi (Pre-Register)</p>	<p>28</p> <p>9 AM Games & Puzzles 9:30 AM Healthy Steps 10:30 AM Bridge 10:30 AM Easter Celebration 11:45 AM Spring Potluck, bring a dish to share, sign up at the front desk (*No regular meals this day) 12 PM Open Artist Studio</p>  <p>5 PM Get Me Moving</p>	<p>29 COST SAVING DAY! CENTER CLOSED (*Open to Instructional Classes Only)</p> <p>9-9:30 AM Silversneaker Boom 9:45-10:30 AM Silversneaker Mind 10:45 AM Line Dancing</p> <p>Saturday, March 30th, 9-11 AM Tai Chi (Pre-Register)</p>