



MARCH | 2020

Joe Rhoads-Corydon Senior Center

Joe Rhoads Senior Center
 123 S. Millberry St.
 Corydon, IN 47112
 Rick Haines, Site Mgr.
 812.738.7603

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:15 am TAI CHI for Arthritis & Falls Prevention	3	4 10:00 am Line Dancing with Hosparus Health	5 Cedar Court BINGO 10:15-11:00 am	6 10:15 am TAI CHI for Arthritis & Falls Prevention
9 10:15 am TAI CHI for Arthritis & Falls Prevention	10 10:00 am BINGO by Schuler Bauer	11 11:30 am Nutrition Ed	12 10:15 am BINGO by Harrison Springs	13 10:15 am TAI CHI for Arthritis & Falls Prevention
16 10:15 am TAI CHI for Arthritis & Falls Prevention	17	18 Nutrition Awareness Day 9:00 am Birthdays for March Luncheon 11:00 am Program "Let's Get Healthy" 11:45 am	19 10:00 am Blood Pressure Screening	20 10:15 am TAI CHI for Arthritis & Falls Prevention
23 10:15 am TAI CHI for Arthritis & Falls Prevention	24 9:30 am Karaoke Fun Time	25 Dementia Friends Workshop 10:00-11:00 am	26 10:00-11:00 am Rick's Crazy BINGO 11:30 am Nutrition Ed	27 10:15 am TAI CHI for Arthritis & Falls Prevention
30 10:15 am TAI CHI for Arthritis & Falls Prevention	31	1	2 	3



Nutrition Awareness Month

- Sun Mar 1st – Peanut Butter Lovers' Day
- Fri Mar 6th – Oreo Cookie & Dress in Blue Day
- Sat Mar 8th – Daylight Savings Ends
- Tues Mar 17th – St Patrick's Day
- Weds Mar 18th – Nutrition Awareness Luncheon
- Thurs Mar 19th – Let's Laugh Day
- Sat Mar 21st -Calif Strawberry Day
- Mon Mar 23 – Chip & Dip Day
- Mon Mar 24 – Chocolate Covered Raisin Day
- Mon Mar 30 – Take a Walk in the Park Day