



# MARCH | 2020

## Bacala Senior Center-Scottsburg

69 E. Wardell St.  
 Scottsburg, TN 47170  
 Kitchens (812) 206-7970  
 Site Mgr. Shawna Lewis  
 Meal sign-up required in  
 advance

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 <b>ACTIVE LIVING Armchair YOGA 10:00 am</b>	3 <b>ROOK Card Games 9:00 am</b>	4 <b>Guitar Lessons 10:00 am</b>  <b>EUCHRE 12:30 pm</b>	5 <b>Yahtzee Games 9:00 am</b>	6 <b>No Strings Attached Band 12:30 pm</b>
9 <b>ACTIVE LIVING Armchair YOGA 10:00 am</b>	10 <b>ROOK Card Games 9:00 am</b>	11 <b>Guitar Lessons 10:00 am</b>  <b>EUCHRE 12:30 pm</b>	12 <b>Yahtzee Games 9:00 am</b>	13 <b>Dementia Friends Workshop 10:00 am</b> <b>Hampton Oaks Blood Pressure Screening 10:00 am &amp; BINGO 12:30 pm</b>
16 <b>ACTIVE LIVING Armchair YOGA 10:00 am</b>	17 <b>St. Patrick's Day – Wear Your GREEN!</b>  <b>ROOK Card Games 9:00 am</b>	18 <b>Nutrition Awareness Day Program "On the Path to Healthier Snacking" 10:00 am Luncheon - Noon</b>	19 <b>Yahtzee Games 9:00 am</b>	20
23 <b>ACTIVE LIVING Armchair YOGA 10:00 am</b>	24 <b>ROOK Card Games 9:00 am</b> <b>Hickory Creek BINGO 12:30 pm</b>	25 <b>Guitar Lessons 10:00 am</b>  <b>CareFirst BINGO 12:30 pm</b>	26 <b>Yahtzee Games 9:00 am</b>	27 <b>Peas &amp; Carrots Nutrition Program 10:00 am</b>
30 <b>ACTIVE LIVING Armchair YOGA 10:00 am</b>	31 <b>ROOK Card Games 9:00 am</b>	1 <b>Lunch Served Mon-Fri 12:00 pm</b>	2 	3 <b>SKIP BO Card Game M-F 9:00 am</b>  <b>Puzzles M-F 10:00 am</b>



### *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