



# MARCH | 2024

## Bacala Senior Center-Scottsburg Activities

69 E. Wardell St.  
 Scottsburg, IN 47170  
 (812) 206-7970  
 Vol. Site Mgr.:  
 Pat Amos


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

26	27 	28	29	1 Exercise Class 10:00 AM
4 Exercise Class 10:00 AM	5 PBH Check-In	6 Produce for Better Health & Exercise Class 10:00 AM	7 W.I.S.E Program 9:30 – 11:30 AM	8 Hampton Oaks Health Screening 10:00 AM & Bingo 10:30 AM
11 Exercise Class 10:00 AM	12 Purdue Extension Scam Program 10:30 AM	13 Exercise Class 10:00 AM & Medicare Bingo w/ Donna Vincent 12 PM	14 W.I.S.E Program 9:30 – 11:30 AM	15 Exercise Class 10:00 AM
18 Exercise Class 10:00 AM	19 Peas & Carrots Nutrition Ed 10:30 AM	20 Nutrition Awareness Day Program 11:30 AM Produce for Better Health	21 W.I.S.E Program 9:30 – 11:30 AM	22 Exercise Class 10:00 AM & Planting Herbs 11AM
25 Exercise Class 10:00 AM	26 5-a-Day Nutrition Ed 10:30 AM	27 Movie 8:00 AM	28 W.I.S.E Program 9:30 – 11:30 AM	29 Closed



**Congregate Meal Site**

*Nutrition Awareness*

*Notes:*

**Lunch Served  
M-F @ 11:30-Noon**

**Meal sign-up required  
in advance –week  
ahead notice**

**Stress-relief Coloring  
Pages  
M-F 9:30 AM**

**Skip Bo Card Game  
M-F 9:00 AM**