

**Hamlet Senior Center**

**March 2023**

| Sunday | Monday | Tuesday | Wednesday   | Thursday   | Friday   | Saturday   |
|--------|--------|---------|---|--|--|--|
| 26     | 27     | 28      | 1<br>08:00a Coffee Talk - Center Wide<br><br>08:00a Drop In Activities - N/A<br><br>08:00a Exercise Equipment - Sunroom<br><br>08:00a New Participant Registration - N/A<br><br>08:00a Volunteer - N/A<br><br>08:15a Walk with Ease - Sunroom<br><br>10:00a Geri-Fit - Multipurpose Room<br><br>11:30a Congregate Meals - Multipurpose Room<br><br>12:15p Movie Screening - Multipurpose Room | 2<br>08:00a Coffee Talk - Center Wide<br><br>08:00a Drop In Activities - N/A<br><br>08:00a Exercise Equipment - Sunroom<br><br>08:00a New Participant Registration - N/A<br><br>08:00a Volunteer - N/A<br><br>08:15a Fast & Fun Mile - Multipurpose Room<br><br>11:30a Congregate Meals - Multipurpose Room<br><br>03:00p Southern Ladies Line Dance - Multipurpose Room | 3<br>08:00a Coffee Talk - Center Wide<br><br>08:00a Drop In Activities - N/A<br><br>08:00a Exercise Equipment - Sunroom<br><br>08:00a New Participant Registration - N/A<br><br>08:00a Volunteer - N/A<br><br>08:15a Miracle Mile - Multipurpose Room<br><br>10:00a Line Dancing - Multipurpose Room<br><br>11:00a Adventure Club Meeting - Sunroom<br><br>11:30a Congregate Meals - Multipurpose Room | 4<br>03:00p Southern Ladies Line Dance - Multipurpose Room |

| Sunday | Monday                                      | Tuesday  | Wednesday                                       | Thursday   | Friday  | Saturday  |
|--------|---|--|---|--|---|---|
| 26     | 27  | 28   | 1   | 2  | 3   | 4   |
|        |   |  |   |  | 01:00p Easter Wreath Class - Sunroom                    |   |
| 5      | 6   | 7  | 8   | 9  | 10  | 11  |
|        | 08:00a Coffee Talk - Center Wide            | 08:00a Coffee Talk - Center Wide                 | 08:00a Coffee Talk - Center Wide                | 08:00a Coffee Talk - Center Wide                         | 08:00a Coffee Talk - Center Wide                        | 10:00a AARP Meeting - Multipurpose Room               |
|        | 08:00a Drop In Activities - N/A             | 08:00a Drop In Activities - N/A                  | 08:00a Drop In Activities - N/A                 | 08:00a Drop In Activities - N/A                          | 08:00a Drop In Activities - N/A                         | 03:00p Southern Ladies Line Dance - Multipurpose Room |
|        | 08:00a Exercise Equipment - Sunroom         | 08:00a Exercise Equipment - Sunroom              | 08:15a Walk with Ease - Sunroom                 | 08:00a Exercise Equipment - Sunroom                      | 08:00a Exercise Equipment - Sunroom                     |   |
|        | 08:00a New Participant Registration - N/A   | 08:00a New Participant Registration - N/A        | 10:00a Geri-Fit - Multipurpose Room             | 08:00a New Participant Registration - N/A                | 08:00a New Participant Registration - N/A               |   |
|        | 08:00a Volunteer - N/A                      | 08:00a Volunteer - N/A                           | 11:30a Congregate Meals - Multipurpose Room     | 08:00a Volunteer - N/A                                   | 08:00a Volunteer - N/A                                  |   |
|        | 08:15a Walk 15 - Multipurpose Room          | 08:15a Walk Away the Pounds - Multipurpose Room  | 12:00p Veteran Club Meeting - Multipurpose Room | 08:15a Fast & Fun Mile - Multipurpose Room               | 08:15a Miracle Mile - Multipurpose Room                 |   |
|        | 10:00a Computer Class - Sunroom             | 10:00a Line Dancing - Multipurpose Room          |   | 11:00a Lunch and Learn w/ Sheila Ray - Multipurpose Room | 10:00a Line Dancing - Multipurpose Room                 |   |
|        | 10:00a Geri-Fit - Multipurpose Room         |  |   | 11:30a Congregate Meals - Multipurpose Room              | 11:00a Matt Sessions with Legal Aid - Multipurpose Room |   |
|        | 11:30a Congregate Meals - Multipurpose Room | 11:00a Tax Prep Service w/ Liberty Tax - Sunroom |   |  |   |   |

| Sunday | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--------|--|--|---|--|--|--|
| 5      | 6  | 7  | 8   | 9  | 10   | 11   |
|        | <p>12:30p SCAM pg. - Multipurpose Room</p> <p>03:00p Southern Ladies Line Dance - Multipurpose Room</p>  | <p>11:30a Congregate Meals - Multipurpose Room</p> <p>12:15p Bingo w/ Joyce - Multipurpose Room</p> <p>01:00p SilverLiners to Nursing Home - OFF SITE</p> <p>01:30p Chair Volleyball Practice - Multipurpose Room</p> <p>03:00p Choir Practice - Sunroom</p> |   | <p>12:30p Leprechaun Hat Craft - Multipurpose Room</p> <p>03:00p Red Hats Meeting - Sunroom</p> <p>03:00p Southern Ladies Line Dance - Multipurpose Room</p>               | <p>11:30a Congregate Meals - Multipurpose Room</p> <p>12:15p Richmond County: Women in History - Multipurpose Room</p> <p>01:00p SilverLiners to Nursing Home - OFF SITE</p> |  |
| 12     | 13   | 14   | 15  | 16   | 17   | 18   |
|        | <p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:00a Exercise Equipment - Sunroom</p> <p>08:00a New Participant Registration - N/A</p> | <p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:00a Exercise Equipment - Sunroom</p> <p>08:00a New Participant Registration - N/A</p>   | <p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:15a Walk with Ease - Sunroom</p> <p>09:00a Fellowship Prayer Breakfast - Multipurpose Room</p> | <p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:00a Exercise Equipment - Sunroom</p> <p>08:00a New Participant Registration - N/A</p> | <p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:00a Exercise Equipment - Sunroom</p> <p>08:00a New Participant Registration - N/A</p>   | <p>03:00p Southern Ladies Line Dance - Multipurpose Room</p> |

| Sunday | Monday  | Tuesday  | Wednesday                                   | Thursday  | Friday  | Saturday |
|--------|---|--|---|---|---|----------|
| 12     | 13  | 14   | 15  | 16  | 17  | 18       |
|        | 08:00a Volunteer - N/A                                | 08:00a Volunteer - N/A                               | 11:30a Congregate Meals - Multipurpose Room | 08:00a Volunteer - N/A                                | 08:00a Volunteer - N/A                              |          |
|        | 08:15a Walk 15 - Multipurpose Room                    | 08:15a Walk Away the Pounds - Multipurpose Room      |   | 08:15a Fast & Fun Mile - Multipurpose Room            | 08:15a Miracle Mile - Multipurpose Room             |          |
|        | 10:00a Geri-Fit - Multipurpose Room                   | 10:00a Line Dancing - Multipurpose Room              |   | 10:00a Geri-Fit - Multipurpose Room                   | 10:00a Line Dancing - Multipurpose Room             |          |
|        | 11:30a Congregate Meals - Multipurpose Room           | 11:00a Tax Prep Service w/ Liberty Tax - Sunroom     |   | 11:30a Congregate Meals - Multipurpose Room           | 11:30a Congregate Meals - Multipurpose Room         |          |
|        | 12:30p RCO Tax Office Pg. - Multipurpose Room         | 11:30a Congregate Meals - Multipurpose Room          |   | 03:00p Southern Ladies Line Dance - Multipurpose Room | 01:00p Luck of the Irish Social - Multipurpose Room |          |
|        | 01:00p Easter Wreath Class - Sunroom                  | 12:30p Bingo w/ RCO Hospice - Multipurpose Room      |   |   |   |          |
|        | 03:00p Southern Ladies Line Dance - Multipurpose Room | 01:30p Chair Volleyball Practice - Multipurpose Room |   |   |   |          |
|        |   | 03:00p Choir Practice - Sunroom                      |   |   |   |          |
| 19     | 20  | 21   | 22  | 23  | 24  | 25       |

| Sunday | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--------|--|--|--|---|--|---|
| 19     | 20   | 21   | 22   | 23  | 24   | 25  |
|        | 08:00a Coffee Talk - Center Wide                                 | 08:00a Coffee Talk - Center Wide                 | 07:00a Tryon Palace Trip - OFF SITE                                      | 08:00a Coffee Talk - Center Wide                      | 08:00a Coffee Talk - Center Wide   | 03:00p Southern Ladies Line Dance - Multipurpose Room |
|        | 08:00a Drop In Activities - N/A                                  | 08:00a Drop In Activities - N/A                  | 08:00a Coffee Talk - Center Wide   | 08:00a Drop In Activities - N/A                       | 08:00a Drop In Activities - N/A  |   |
|        | 08:00a Exercise Equipment - Sunroom                              | 08:00a Exercise Equipment - Sunroom              | 08:00a Drop In Activities - N/A  | 08:00a Exercise Equipment - Sunroom                   | 08:00a Exercise Equipment - Sunroom                                      |   |
|        | 08:00a New Participant Registration - N/A                        | 08:00a New Participant Registration - N/A        | 08:00a Exercise Equipment - Sunroom                                      | 08:00a New Participant Registration - N/A             | 08:00a New Participant Registration - N/A                                |   |
|        | 08:00a Volunteer - N/A   | 08:00a Volunteer - N/A                           | 08:00a New Participant Registration - N/A                                | 08:00a Volunteer - N/A                                | 08:00a Volunteer - N/A   |   |
|        | 08:15a Walk 15 - Multipurpose Room                               | 08:15a Walk Away the Pounds - Multipurpose Room  | 08:00a Volunteer - N/A   | 08:15a Fast & Fun Mile - Multipurpose Room            | 08:15a Miracle Mile - Multipurpose Room                                  |   |
|        | 10:00a Computer Class - Sunroom                                  | 10:00a Line Dancing - Multipurpose Room          | 08:15a Walk with Ease - Sunroom  | 11:30a Congregate Meals - Multipurpose Room           | 10:00a Line Dancing - Multipurpose Room                                  |   |
|        | 10:00a Geri-Fit - Multipurpose Room                              |  | 10:00a Geri-Fit - Multipurpose Room                                      |   |  |   |
|        | 11:30a Congregate Meals - Multipurpose Room                      | 11:30a Congregate Meals - Multipurpose Room      | 11:30a Congregate Meals - Multipurpose Room                              | 03:00p Southern Ladies Line Dance - Multipurpose Room | 11:30a Congregate Meals - Multipurpose Room                              |   |
|        | 12:30p BINGO (United Healthcare with Edwina) - Multipurpose Room | 11:30a Pie Contest and Bingo - Multipurpose Room | 02:00p Lets Make a Deal Game with Our Heavenly Choir - Multipurpose Room |   | 12:15p Birthday Bingo and Pizza with Carolina Hearts - Multipurpose Room |   |

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|--------|--|---|---|--|---|----------|
| 19     | 20   | 21  | 22  | 23   | 24  | 25       |
|        | 03:00p Southern Ladies Line Dance - Multipurpose Room  | 01:00p SilverLiners to Nursing Home - OFF SITE<br><br>01:30p Chair Volleyball Practice - Multipurpose Room<br><br>03:00p Choir Practice - Sunroom   |   |  | 12:30p RCO Cooperative Ex. - Multipurpose Room<br><br>01:00p SilverLiners to Nursing Home - OFF SITE  |          |
| 26     | 27   | 28  | 29  | 30   | 31  |          |
|        | 08:00a Coffee Talk - Center Wide<br><br>08:00a Drop In Activities - N/A<br><br>08:00a Exercise Equipment - Sunroom<br><br>08:00a New Participant Registration - N/A<br><br>08:00a Volunteer - N/A<br><br>08:15a Walk 15 - Multipurpose Room<br><br>10:00a Geri-Fit - Multipurpose Room | 08:00a Coffee Talk - Center Wide<br><br>08:00a Drop In Activities - N/A<br><br>08:00a Exercise Equipment - Sunroom<br><br>08:00a New Participant Registration - N/A<br><br>08:00a Volunteer - N/A<br><br>08:15a Walk Away the Pounds - Multipurpose Room<br><br>10:00a Line Dancing - Multipurpose Room | 08:00a Coffee Talk - Center Wide<br><br>08:00a Drop In Activities - N/A<br><br>08:00a Exercise Equipment - Sunroom<br><br>08:00a New Participant Registration - N/A<br><br>08:00a Volunteer - N/A<br><br>08:15a Walk with Ease - Sunroom<br><br>10:00a Geri-Fit - Multipurpose Room | 08:00a Coffee Talk - Center Wide<br><br>08:00a Drop In Activities - N/A<br><br>08:00a Exercise Equipment - Sunroom<br><br>08:00a New Participant Registration - N/A<br><br>08:00a Volunteer - N/A<br><br>08:15a Fast & Fun Mile - Multipurpose Room<br><br>11:30a Congregate Meals - Multipurpose Room | 08:00a Coffee Talk - Center Wide<br><br>08:00a Drop In Activities - N/A<br><br>08:00a Exercise Equipment - Sunroom<br><br>08:00a New Participant Registration - N/A<br><br>08:00a Volunteer - N/A<br><br>08:15a Miracle Mile - Multipurpose Room<br><br>10:00a Line Dancing - Multipurpose Room |          |

| Sunday                               | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday |
|--------------------------------------|---|--|--|---|---|----------|
| <p style="text-align: right;">26</p> | <p style="text-align: right;">27</p> <p>11:30a Congregate Meals - Multipurpose Room</p> <p>12:15p Humana Bingo - Multipurpose Room</p> <p>03:00p Southern Ladies Line Dance - Multipurpose Room</p> | <p style="text-align: right;">28</p> <p>11:30a Congregate Meals - Multipurpose Room</p> <p>12:00p Movie Trip: Champions - OFF SITE</p> <p>12:15p Bingo w/ Joyce - Multipurpose Room</p> <p>01:30p Chair Volleyball Practice - Multipurpose Room</p> <p>03:00p Choir Practice - Sunroom</p> | <p style="text-align: right;">29</p> <p>11:00a Tax Prep Service w/ Liberty Tax - Sunroom</p> <p>11:30a Congregate Meals - Multipurpose Room</p> <p>01:30p Chair Volleyball Game (Home) - Multipurpose Room</p> | <p style="text-align: right;">30</p> <p>03:00p Southern Ladies Line Dance - Multipurpose Room</p> | <p style="text-align: right;">31</p> <p>11:30a Congregate Meals - Multipurpose Room</p> <p>12:30p RCO Cooperative Ex. - Multipurpose Room</p> <p>01:00p Easter Wreath Class - Sunroom</p> |          |