

CARLISLE SENIOR CENTER

March 2016

ACTIVITIES

	TUESDAY	WEDNESDAY	MONDAY	FRIDAY
	01 10 a.m.-Wii Exercise & Puzzles Lunch: 11:30 a.m. 12:00 p.m.- Dominoes	02 10:30a.m. – BINGO & PUZZLES JOKE FOR THE DAY 11:30 A.M.- LUNCH	03 10 a.m. - Move with Balance Exercise & Puzzles Lunch: 11:30 a.m. 12:00p.m.- Grocery Store, Dollar Store- Local shopping trip	04 10 a.m. –Beanbag Baseball & Puzzles & or Coloring 11:30a.m.- LUNCH
07 10 a.m. - Word Search, Puzzles, and Walking Exercises Lunch: 11:30 a.m. 12 p.m.- 3 p.m.- Bridge	08 10 a.m.-Wii Exercise & Puzzles Lunch: 11:30 a.m. 12:00 p.m.- Dominoes	09 10:30a.m. – BINGO & PUZZLES JOKE FOR THE DAY 11:30 A.M.- LUNCH	10 10 a.m. - Move with Balance Exercise & Puzzles Lunch: 11:30 a.m. 12:00p.m.- Grocery Store, Dollar Store- Local shopping trip	11 10 a.m. –Beanbag Baseball & Puzzles & or Coloring 11:30a.m.- LUNCH
14 10 a.m. - Word Search, Puzzles, and Walking Exercises Lunch: 11:30 a.m. 12 p.m.- 3 p.m.- Bridge	15 10 a.m.-Wii Exercise & Puzzles 10:30 a.m.- CRAFT DAY Lunch: 11:30 a.m. 12:00 p.m.- Dominoes	16 10:30a.m. – BINGO & PUZZLES JOKE FOR THE DAY 11:30 A.M.- LUNCH 11:15 A.M.- Medicare Minutes	17 10 a.m. - Move with Balance Exercise & Puzzles Lunch: 11:30 a.m. 12:00p.m.- Grocery Store, Dollar Store- Local shopping trip	18 10 a.m. –Beanbag Baseball & Puzzles & or Coloring 11:30a.m.- LUNCH 10:30 a.m.- Chef Charles (Cynthia Thompson) will be here to prepare something Delicious and talk about Nutrition
21 10 a.m. - Word Search, Puzzles, and Walking Exercises 10:30 a.m.- Teresa Hamilton w/ UAMS Pine Bluff- Heart Ed. Lunch: 11:30 a.m. 12 p.m.- 3 p.m.- Bridge	22 10 a.m.-Wii Exercise & Puzzles Lunch: 11:30 a.m. 12:00 p.m.- Dominoes	23 10:30a.m. – BINGO & PUZZLES JOKE FOR THE DAY 11:15 a.m. - Top Five Ways for Seniors to Stay Active 11:30 A.M.- LUNCH	24 10 a.m. - Move with Balance Exercise & Puzzles Lunch: 11:30 a.m. 12:00p.m.- Grocery Store, Dollar Store- Local shopping trip	25 10 a.m. –Beanbag Baseball & Puzzles & or Coloring FIELD TRIP
28 10 a.m. - Word Search, Puzzles, and Walking Exercises Lunch: 11:30 a.m. 12 p.m.- 3 p.m.- Bridge	29 10 a.m.-Wii Exercise & Puzzles Lunch: 11:30 a.m. 12:00 p.m.- Dominoes	30 10:30a.m. – BINGO & PUZZLES JOKE FOR THE DAY 11:30 A.M.- LUNCH	31 10 a.m. - Move with Balance Exercise & Puzzles Lunch: 11:30 a.m. 12:00p.m.- Grocery Store, Dollar Store- Local shopping trip	

Carlisle Senior Center Open Monday-Friday 8 a.m. - 3 p.m. Site Director: Shawn Smith 870-552-7429