

THURMONT SENIOR CENTER MARCH 2023 EVENTS

MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1:00 50/50 BINGO \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all	2 1:00-Country Meadows "Think Move and Improve" Dessert after lunch and a special exercise class provided by Country Meadows 1:00 Cards and Games	3 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	4
5	6 9:30-10:30- YOGA with Jon Phebus \$24.00 for 8 session punch card or \$5.00 each 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	7 10:00 Coffee & Chat 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Game	8 Lunch served today) Senior Center closes today at 1:00 for board meeting. 11:00-Balance and Strength Class w/ Ruth	9 1:00 Bunko 1:00 Cards & Games 5-8pm Fundraiser Night and Bake Sale at Roy Rogers, MENTION TSC inside or drive thru when ordering	10 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	11
12	13 9:30-10:30- YOGA with Jon Phebus \$24.00 for 8 session punch card or \$5.00 each 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	14 10:00 Coffee & Chat 11-2:00 Knitting/ Crocheting Group for Newborn Hats & any other projects 1:00 Cards & Games	15 10:00 Library Day 1:00 50/50 BINGO \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all	16 10:00 Library Digital Learning 10:30-12:30 Seated Massage with Marie Free 12:30 Monthly Birthday Party music by Brent and Patty Progecene	17 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	18
19	20 9:30-10:30- YOGA with Jon Phebus \$24.00 for 8 session punch card or \$5.00 each 10:30 Blood Pressure check, Thurmont Ambulance Co. 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	21 10:00 Coffee & Chat 11:00- Balance and Strength Class w/ Ruth 1:00 Cards & Games	22 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	23 1:00- Farkle 1:00 Cards & Games	24 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	25
26	27 9:30-10:30- YOGA with Jon Phebus \$24.00 for 8 session punch card or \$5.00 each 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	28 10:00 Coffee & Chat 10:00 SOAR panel 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Game	29 1:00 Special Bingo for the Rocky Ridge Fire Company \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all	30 1:00 Cards and Games	31 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 11:00-Balance and Strength Class w/ Ruth 1:00 Cards & Games	

THURMONT SENIOR CENTER, 806 E. MAIN STREET, THURMONT, MD 21788, 301-271-7911, thurmontseniorcenter@zoho.com, also on Facebook, and website: thurmontseniorcenter.org Open M-F 9:00am. to 3:00p.m. Lunch served at 12 Noon M-F for \$6.00. PLEASE SEE OUR EVENTS CALENDAR ON THE REVERSE SIDE.

Overflow parking is located behind the Police Station (follow the paved path to our parking lot), out front on the street & across the street at the school. Call for more information on any event to the center 301-271-7911. We provide rides for homebound seniors within a 6 mile radius for doctors/dentists appointments in Thurmont, grocery store, hair dresser, etc. & we deliver carryout lunches for \$6.00 ea. for homebound seniors within 6 miles. Call the center for details.