

# Beaver Springs Senior Center

Events 570 658 7333

## February 2020

Monday	Tuesday	Wednesday	Thursday
3	4	5	6
Silver Sneakers 9:00am	Silver Sneakers 10:00am Business Meeting 1:00pm Cook Day!	Nutrition Information W/ Scarlet 10:30	Silver Sneakers 10:00am
10	11	12	13
Silver Sneakers 9:00am	Silver Sneakers 10:00am	Bingo 10:30am	Silver Sneakers 10:00am <del>BP Check! 10:45</del> Pizza Day!
17	18	19	20
Center Closed Presidents' Day	Silver Sneakers 10:00am	Bingo 10:30 am	Silver Sneakers 10:00am
24	25	26	27
Silver Sneakers 9:00am	Silver Sneakers 10:00am	Games And Puzzles Sing A Long 10:30 am Cook Day!	Silver Sneakers 10:00am

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## March 2020

Monday	Tuesday	Wednesday	Thursday
<b>2</b> Silver Sneakers 9:00am	<b>3</b> Silver Sneakers 10:00am Business Meeting 1:00pm	<b>4</b> Lewisburg High School Musical Lunch at Country Cupboard	<b>5</b> Silver Sneakers 10:00am
<b>9</b> Silver Sneakers 9:00am	<b>10</b> Silver Sneakers 10:00am Cook Day	<b>11</b> Bingo 10:30am	<b>12</b> Blood Pressure Checks 11:00-11:30 am Nurse Jim speaking at 11:30am Cardiovascular Disease
<b>17</b> Silver Sneakers 9:00am	<b>18</b> Silver Sneakers 10:00am	<b>19</b> First Day of Spring! Cook Day	<b>20</b> Silver Sneakers 10:00am
<b>24</b> Silver Sneakers 9:00am	<b>25</b> Silver Sneakers 10:00am	<b>26</b> Sing A Long 10:30 am Bingo 12:45 pm	<b>27</b> Silver Sneakers 10:00am Cook Day!
<b>30</b> Silver Sneakers 9:00am	<b>31</b> Silver Sneakers 10:00am		