



# MARCH 2023 PROVINCETOWN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>SENIOR CENTER HOURS</u></b>  <b>MON-THURS</b>  <b>8 AM - 5 PM</b>  <b>FRIDAY</b>  <b>8 AM - NOON</b></p>	<p><b>Wednesday lunches require an RSVP by noon on the Thursday before: 508-487-7080</b></p>	<p>11:00 Yoga <sup>1</sup>  12:00 Lunch  1:15 Travelogue  1:30 Knitting  Senior Shuttle  Veterans Agent  508-778-8740</p>	<p>9:00 Chair Yoga<sup>2</sup>  9:30-11:30  Coffee Hour  11:30 Grace Notes  1:30 COA Board  1:30 Strong at ♥</p>	<p><i>Reminder... <sup>3</sup>  the lounge is open every weekday for tea or coffee, computers, reading, games, conversation and more!</i></p>
<p>8:30 Hyannis &amp; 6  RMV Bus  1:00 Bridge</p>	<p>9:00 Yoga <sup>7</sup>  9:30 Painting  10:00 Wii Bowling  1:30 Movie  Senior Shuttle  AARP Tax Prep</p>	<p>11:00 Yoga <sup>8</sup>  12:00 Lunch  1:30 Music Salon  1:30 Knitting  Senior Shuttle  Veterans Agent  508-778-8740</p>	<p>8:30 Brkfst Bus <sup>9</sup>  9:00 Chair Yoga  9:30 - 11:30  Coffee Hour  11:30 Grace Notes  1:00 Weaving  2:00 Rummikub</p>	<p>Alzheimer's <sup>10</sup>  Family Support Center Groups  508-896-5170</p>
<p>9:00 Orleans <sup>13</sup>  Bus  1:00-3:00  Tech Help  1:00 Bridge  1:30 Cooking on a Budget</p>	<p>9:00 Yoga <sup>14</sup>  9:30 Painting  10:00-12:00  BP Clinic  10:00 Wii Bowling  1:30 Movie  Senior Shuttle</p>	<p>11:00 Yoga <sup>15</sup>  12:00 St.  Patrick's Lunch  1:30 Author Series  1:30 Knitting  Senior Shuttle  Veterans Agent  508-778-8740</p>	<p>9:00 Chair Yoga<sup>16</sup>  9:30 Out &amp; About  9:30-11:30  Coffee Hour  11:30 Grace Notes  1:00 Weaving  1:30 Strong at ♥  2:00 Rummikub</p>	<p>9:30 Sight Loss <sup>17</sup>  Support Group  508-394-3904</p>
<p>8:30 Hyannis &amp; <sup>20</sup>  RMV Bus  1:00 Bridge  1:00 CLAMS</p> <p></p>	<p>9:00 Yoga <sup>21</sup>  9:30 Painting  10:00 Wii Bowling  1:30 Movie  Senior Shuttle  AARP Tax Prep</p>	<p>11:00 Yoga <sup>22</sup>  12:00 Lunch  1:15 Classic Movie  1:30 Knitting  Senior Shuttle  Veterans Agent  508-778-8740</p>	<p>9:00 Chair Yoga<sup>23</sup>  9:30 Out &amp; About  9:30-11:30  Coffee Hour  11:30 Grace Notes  1:00 Weaving  1:30 Strong at ♥  2:00 Rummikub</p>	<p>Alzheimer's <sup>24</sup>  Family Support Center Groups  508-896-5170</p>
<p>1:00 Bridge <sup>27</sup>  Vet Center  Social Worker  508-778-0124</p>	<p>9:00 Yoga <sup>28</sup>  9:30 Painting  10:00 Wii Bowling  1:30 Movie  Senior Shuttle</p>	<p>11:00 Yoga <sup>29</sup>  12:00 Lunch  1:30 Red Cross: Flooding  1:30 Knitting  Senior Shuttle  Veterans Agent  508-778-8740</p>	<p>9:00 Chair Yoga<sup>30</sup>  9:30-11:30  Coffee Hour  10:00 Grains  10:30 Out2Lunch  11:30 Grace Notes  1:00 Weaving  1:30 Strong at ♥  2:00 Rummikub</p>	<p><sup>31</sup></p> <p></p>