


Ipswich Senior Center

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Enhance Fitness 9:00 Income tax Assistance 9:30 Writing Group (3 of 6) 10:30 Ping Pong / Line Dancing 1:00 Rummikube / Canasta 1:00 Shine 1:30 Gentle Bend Exercise 3:30 Pickleball	3 SIGN UP AT 10 AM 9:00 Aerobics 9:00 Income Tax Assistance ~ Reiki 9:00 Chess 10:30 Tai Chi 1:00 Drawing class (8 of 8) 1:00 Cribbage / Mah Jongg / Knitting 1:30 French Class (1 of 7)	4 9:00 Enhance Fitness 9:30 Scrabble / Sewing 9:30 Savvy Caregivers (4 of 6) 9:30 Small World 10:30 Ping Pong 12:30 Bridge 12:45 Paint Day w/Bill Duke 2:00 TRIAD MTG.	5 9:00 Aerobics / Chess 10:00 Dominoes / Pickleball 10:00 Low Vision Group 10:30 Seated Yoga / Tai Chi 11:30 Advanced Drawing (8 of 8) 1:00 Canasta 1:30 Painting Class (2 of 8) 4:00 Basketball	6 9:00 Enhance Fitness 9:30 SHINE 10:30 Blood Pressure 11:00 Swim Program 12:00 Van Trip 12:30 Bridge 1:00 Mah Jongg
9 9:00 Enhance Fitness 9:00 Income Tax Assistance 9:30 Writing Group (4 of 6) 10:30 Ping Pong / Line Dancing 1:00 Memory Cafe 1:00 Rummikube / Canasta 1:30 Gentle Bend Exercise 3:30 Pickleball 4:30 50+ Job Seekers	10 9:00 Aerobics / Chess 9:00 Polarity 10:30 Tai Chi—at 43 Market St. 1:00 Cribbage / Mah Jongg 1:00 Knitting 1:30 French (2 of 7)	11 8:30 Breakfast & Bingo 9:00 King of the Road Trip 9:00 Enhance Fitness 9:00 Computer Class 9:30 Scrabble 9:30 Savvy Caregiver (5 of 6) 10:00 Caroline Ave. Wellness 10:30 Ping Pong / 11:00 Swim Program 12:30 Bridge 1:00 Diabetic Shoe Clinic	12 Day Trip 9:00 Aerobics & Chess 9:00 Computer Class 10:00 Dominoes / Pickleball 10:30 Seated yoga / Tai Chi 12:00 Senior Care Luncheon 12:45 Historic Ipswich Presentation 1:00 Canasta 1:30 Painting Class (3 of 8) 4:00 Basketball	13 9:00 Podiatry 9:00 Enhance Fitness 9:30 SHINE Coordinator 10:30 Blood Pressure 11:00 Swim Program 12:00 Van Trip 12:30 Bridge 1:00 Mah Jongg
16 9:00 Income Tax Assistance 9:00 Enhance Fitness 9:30 Writing Group (5 of 6) 10:30 Ping Pong / Line Dancing 1:00 Rummikube 1:00 Canasta 1:30 Gentle Bend Exercise	17 St. Patrick's Day  9:00 Aerobics / Chess 10:30 Tai Chi—at 43 Market St. 12:00 St. Patrick's Day Lunch at Boone Hall 1:00 Cribbage / Mah Jongg 1:00 Knitting 1:30 French (3 of 7)	18 9:00 Enhance Fitness 9:00 Computer Class 9:30 Scrabble / Sewing 9:30 Savvy Caregiver (6 of 6) 10:30 Ping Pong / 11:00 Swim Program 11:00 Men's Group 12:30 Bridge 1:00 Self Defense 1:00 Sign Painting	19 9:00 Aerobics & Chess 9:00 Computer Class 10:00 Dominoes / Pickleball 10:30 Seated Yoga / Tai Chi 11:00 Legislative Aide / 1:00 Canasta 1:30 Painting (4 of 8) 1:30 Ipswich Humane Goupt 4:00 Basketball	20 9:00 Enhance Fitness 9:30 SHINE Coordinat 10:00 Mobile Market 10:30 Blood Pressure 10:30 Reiki 11:00 Swim Program 12:00 Van Trip 12:30 Bridge ~ 1:00 Mah Jongg
23 9:00 King of the Road Trip 9:00 Enhance Fitness 9:00 SHINE 9:00 Income Tax Assistance 9:30 Writing Group (6 of 6) 10:30 Ping Pong / Line Dancing 1:00 Rummikube / Canasta 1:30 Gentle Bend Exercise 3:30 Pickleball 4:30 50+ Job Seekers	24 9:00 Aerobics / Chess 9:00 Polarity 10:30 Tai Chi 10:30 Burial Ground Presentation 1:00 Cribbage / Mah Jongg 1:00 Knitting 1:30 French (4 of 7)	25 8:30 Breakfast & Bingo 9:00 Enhance Fitness 9:30 Scrabble 10:00 Book Group 10:30 Ping Pong / 11:00 Swim Program 12:00 Bridge 1:30 Van Driver Appreciation!	26 9:00 Aerobics / Chess 10:00 Dominoes / Pickleball 10:30 Seated Yoga / Tai Chi 1:30 Painting (5 of 8) 1:00 Canasta 4:00 Basketball	27 9:00 Enhance Fitness 9:30 Watercolor Painting (1 of 6) 9:30 Shine Coordinator 10:30 Blood Pressure / 11:00 Swim Program 12:00 Van Trip 12:30 Bridge 1:00 Mah Jongg
30 9:00 Income Tax Assistance 9:00 Enhance Fitness 10:30 Ping Pong / Line Dancing 1:00 Rummikube / Canasta 12:30 Attorney Time 1:30 Gentle Bend Ex 3:30 Pickleball	31 9:00 Aerobics / Chess 10:30 Tai Chi 10:30 Navigating your ER Visit 12:00 Traveling Luncheon 1:00 Cribbage / Mah Jongg / Knitting 1:30 French Class (5 of 7)			