

Cedar Falls Senior Center –528 Main Street  
 NEI3A program questions or comments call 319-277-1900  
 Please call us by 9:45 if you would like to join us for lunch  
the following day or you can sign up on our meal roster.

# March 2020

Mon	Tue	Wed	Thu	Fri
<b>2</b> 8:00 Billiards 9:00 FUNctional FITness * 10:15 Chair Yoga* 11:45 Lunch 1:00 Center closes	<b>3</b> 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 500, Hand and Foot	<b>4</b> 8:00 8 Ball Tournament 9:00 FUNctional FITness* 10:15 Chair Yoga* 11:45 Lunch 12:00 Bridge 1:00 Ceramics	<b>5</b> 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 12:45 Pinochle, Rummy 13	<b>6</b> 8:00 Billiards 9:00 FUNctional FITness 10:00 Bingo 11:45 Lunch 12:45 500, Hand and Foot 1:00 Ceramics*
<b>9</b> 8:00 Billiards 9:00 FUNctional FITness * <b>10:00 Senior Craft Class</b> 10:15 Chair Yoga* 11:45 Lunch 1:00 Center closes	<b>10</b> 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 500, Hand and Foot	<b>11</b> 8:00 8 Ball Tournament 9:00 FUNctional FITness* <b>10:00 Service Project</b> 10:15 Chair Yoga* 11:45 Lunch 12:00 Bridge /1:00 Ceramics*	<b>12</b> 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 12:45 Pinochle, Rummy 13 <b>3:00 Senior Device Advice</b>	<b>13</b> 8:00 Billiards 9:00 FUNctional FITness* <b>10:00 Line Dancing</b> 10:00 Bingo/11:45 Lunch 12:45 500, Hand and Foot 1:00 Ceramics*
<b>16</b> 8:00 Billiards 9:00 FUNctional FITness * 11:45 Lunch 1:00 Center closes	<b>17</b> 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 500, Hand and Foot	<b>18</b> 8:00 8 Ball Tournament 9:00 FUNctional FITness* <b>10:00 Focus Group</b> 11:45 Lunch 12:00 Bridge 1:00 Ceramics*	<b>19</b> 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 12:45 Pinochle, Rummy 13	<b>20</b> 8:00 Billiards 9:00 FUNctional FITness* 10:00 Bingo 11:45 Lunch 12:45 500, Hand and Foot 1:00 Ceramics*
<b>23</b> 8:00 Billiards 9:00 FUNctional FITness* 11:45 Lunch 1:00 Center closes	<b>24</b> 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch <b>12:00 Fresh Conversations</b> 12:45 500, Hand and Foot	<b>25</b> 8:00 8 Ball Tournament 9:00 FUNctional FITness* 11:45 Lunch 12:00 Bridge 1:00 Ceramics*	<b>26</b> 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 12:45 Pinochle, Rummy 13	<b>27</b> 8:00 Billiards 9:00 FUNctional FITness* 10:00 Bingo/ 11:45 Lunch <b>10:00 Line Dancing</b> 12:45 500, Hand and Foot 1:00 Ceramics*
<b>30</b> 8:00 Billiards 9:00 FUNctional FITness* 11:45 Lunch 1:00 Center closes	<b>31</b> 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 500, Hand and Foot	<div style="border: 2px solid black; padding: 10px;"> <p>Join us for COFFEE &amp; POPCORN made fresh daily!!!            Free Blood Pressure checks are given Tuesday and Thursday at 9:30  <b>RSVP will do TAXES... Call 1-800-244-7431 for Appointment</b>  <b>Don't forget the Service project making blankets sponsored by Hearst Center,</b>  <b>Focus Group 18th, Sign up now for bus trip to Dubuque River Museum</b></p> </div>		