




## VALLEY WEST CENTER ACTIVITES MARCH 2020

| Sun   | Mon  | Tue  | Wed   | Thu  | Fri   | Sat |
|---|--|--|---|--|---|-----|
|  | 2<br>8:00 Games/Cards<br><b>10:30 Exercise</b><br>11:30 Crafts<br>Afternoon Chit Chat  | 3<br>9:30 Games/Cards<br><b>10:30 Sing-Along</b> with Gene V.<br>11:00 Crafting Activity                                   | 4<br>8:00 Word Search<br>9:00 Walk N Roll Exercise<br><b>10:00 Crafts with C.C. Earrings</b>                  | 5<br>8:00 Socialization<br>9:00 Crafts<br><b>10:00 Games &amp; Show &amp; Tell</b>   | 6<br>8:00 Socialization<br>9:00 Stretching Exercise<br>10:00 Coloring–Puzzle  | 7   |
| 8   | 9<br>8:00 Games/Cards<br><b>10:30 Exercise</b><br>11:30 Crafts<br>Afternoon Chit Chat  | 10<br>8:00 Games/Cards<br><b>10:30 Sing-Along</b> with Gene V.<br><b>Hot Cocoa Sipping</b>                                 | 11<br>8:00 Word Search<br><b>9:30 Census Presentation</b><br><b>11:00 Wesley Hosts Grocery Bingo</b>          | 12<br>8:00 Socialization<br>9:00 Crafts<br><b>10:00 Site Council Mtg.</b>  | 13<br>8:00 Socialization<br>9:00 Stretching Exercise<br><b>10:00 Coloring–Puzzle Contest</b>  | 14  |
| 15  | 16<br>8:00 Games/Cards<br><b>10:30 Exercise</b><br>11:30 Crafts<br>Afternoon Chit Chat | 17<br><b>*wear your green*</b><br><b>St. Patrick's Day Fun</b><br>9:30 Games/Cards<br><b>10:30 Sing-Along</b> with Gene V. | 18<br>8:00 Word Search<br>9:00 Walk N Roll Exercise<br><b>10:30 Senior Helpers Meet &amp; Greet with Toni</b> | 19<br>8:00 Socialization<br>9:00 Crafts<br><b>10:00 Crafts with C.C. Greeting Cards</b>  | 20<br>8:00 Socialization<br>9:00 Stretching Exercise<br>10:00 Coloring-Puzzle   | 21  |
| 22  | 23<br>8:00 Games/Cards<br><b>10:30 Exercise</b><br>11:30 Crafts<br>Afternoon Chit Chat | 24<br>9:30 Games/Cards<br><b>10:30 Sing-Along</b> with Gene V.<br>11:00 Crafting Activity                                  | 25<br>8:00 Word Search<br><b>9:00 Census Help</b><br><b>10:00 Expressive Painting</b>                         | 26<br>8:00 Socialization<br>9:00 Blood Pressure Check<br>10:00 <b>Birthday Cake</b><br> | 27<br><b>HEALTH &amp; WELLNESS FAIR</b><br><b>9 to 12 noon</b><br><b>At the Glendale Community Center</b><br><b>5401 W Ocotillo Rd.</b> | 28  |
| 29  | 30<br>8:00 Games/Cards<br><b>10:30 Exercise</b><br>11:30 Crafts<br>Afternoon Chit Chat | 31<br>9:30 Games/Cards<br><b>10:30 Sing-Along</b> with Gene V.<br>11:00 Crafting Activity                                  |                           | <b>YWCA SENIOR CENTER CENSUS HELP</b><br>8561 N 61 <sup>ST</sup> AVE<br>Every Wed. March 25 thru April 29 <sup>TH</sup><br>Questions and help                                | with <b>KRISTINA</b><br>9:00 to 12:30<br>filling out forms  |     |
|   |  | Check us Out   | On Facebook   | <a href="http://www.facebook.com/ywcaseniorcenter">www.facebook.com/ywcaseniorcenter</a>   |   |     |