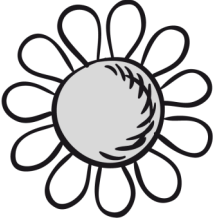



Please contact the Center at 508-473-8334 with any questions

MARCH/APRIL 2022

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
|    | <b>MARCH 1</b><br>9:00 Mindful Steps<br>9:30 Total Body Conditioning<br>10:30 Chair Yoga<br>12:30 Lunch with the Senior Center*<br>12:30 Dominoes<br>1:00 Mah Jongg<br>1:00 Tai Chi<br><b>1:00 WOMENS GROUP</b><br>2:30 Milford Senior Singers                                | <b>MARCH 2</b><br>9:00 Gentle Yoga<br>9:00 Wellness Nurse<br>10:00 Strength & Fall Prevention<br>10:30 Veterans Meeting<br>11:00 Groove & Sculpt<br>12:00 Watercolor Painting Class<br>12:30 Lunch with the Senior Center*<br>12:30 Muscle & Mat | <b>MARCH 3</b><br>9:00 Wellness Nurse<br>9:00 Knitting/Crocheting<br>9:00 Yoga<br><b>10:00 LOW VISION (CANCELLED)</b><br>10:30 Cardio Cut<br>11:00 Whist<br>12:30 Lunch with the Senior Center*<br>1:00 Low Impact Fitness<br>1:00 Cribbage | <b>MARCH 4</b><br>9:00 Cardio Strength Circuit<br>10:00 Crafts with Laura<br><b>(CANCELLED)</b><br>10:30 Groove & Sculpt<br>12:30 Lunch with the Senior Center*   |
| <b>MARCH 7</b><br>8:30 Pilates<br>9:30 Barre<br>9:30 Cribbage<br>10:30 Strength & Fall Prevention<br>1:00 Low Impact Fitness  | <b>MARCH 8</b><br>9:00 Mindful Steps<br>9:30 Total Body Conditioning<br><b>10:00 BEREAVEMENT GROUP</b><br>10:30 Chair Yoga<br><b>12:00 RED HAT SOCIETY</b><br>12:30 Lunch with the Senior Center*<br>12:30 Dominoes<br>1:00 Tai Chi<br>1:00 Mah Jongg                         | <b>MARCH 9</b><br>9:00 Gentle Yoga<br>9:00 Wellness Nurse<br>10:00 Strength & Fall Prevention<br>11:00 Groove & Sculpt<br>12:00 Watercolor Painting Class<br>12:30 Lunch with the Senior Center*<br>12:30 Muscle & Mat                           | <b>MARCH 10</b><br>9:00 Wellness Nurse<br>9:00 Knitting/Crocheting<br>9:00 Yoga<br>10:30 Cardio Cut<br>11:00 Whist<br><b>11:30 WELLNESS WORKSHOP</b><br>12:30 Lunch with the Senior Center*<br>1:00 Low Impact Fitness<br>1:00 Cribbage     | <b>MARCH 11</b><br>9:00 Cardio Strength Circuit<br>10:00 Crafts with Laura<br>10:30 Groove & Sculpt<br>12:30 Lunch with the Senior Center*  |
| <b>MARCH 14</b><br>8:30 Pilates<br>9:30 Barre<br>9:30 Cribbage<br>10:30 Strength & Fall Prevention<br>1:00 Low Impact Fitness | <b>MARCH 15</b><br>9:00 Mindful Steps<br>9:30 Total Body Conditioning<br><b>10:00 BOOK GROUP</b><br>10:30 Chair Yoga<br><b>11:00 WRITER'S GROUP</b><br>12:30 Dominoes<br>12:30 Lunch with the Senior Center*<br>1:00 Mah Jongg<br>1:00 Tai Chi<br>2:30 Milford Senior Singers | <b>MARCH 16</b><br>9:00 Gentle Yoga<br>9:00 Wellness Nurse<br>10:00 Strength & Fall Prevention<br>11:00 Groove & Sculpt<br>12:00 Watercolor Painting Class<br>12:30 Lunch with the Senior Center*<br>12:30 Muscle & Mat                          | <b>MARCH 17</b><br>9:00 Wellness Nurse<br>9:00 Knitting/Crocheting<br>9:00 Yoga<br>10:30 Cardio Cut<br>11:00 Whist<br><b>11:00 MSC GRAB &amp; GO</b><br>12:30 Lunch with the Senior Center*<br>1:00 Low Impact Fitness<br>1:00 Cribbage     | <b>MARCH 18</b><br>9:00 Cardio Strength Circuit<br>10:00 Crafts with Laura<br>10:30 Groove & Sculpt<br>12:30 Lunch with the Senior Center*  |
| <b>MARCH 21</b><br>8:30 Pilates<br>9:30 Barre<br>9:30 Cribbage<br>10:30 Strength & Fall Prevention<br>1:00 Low Impact Fitness | <b>MARCH 22</b><br>9:00 Mindful Steps<br>9:30 Total Body Conditioning<br>10:30 Chair Yoga<br><b>11:00 FORTUNE COOKIE CLUB</b><br>12:30 Dominoes<br>12:30 Lunch with the Senior Center*<br>1:00 Mah Jongg<br>1:00 Tai Chi  | <b>MARCH 23</b><br>9:00 Gentle Yoga<br>9:00 Wellness Nurse<br>10:00 Strength & Fall Prevention<br>11:00 Groove & Sculpt<br>12:00 Watercolor Painting Class<br>12:30 Lunch with the Senior Center*<br>12:30 Muscle & Mat                          | <b>MARCH 24</b><br>9:00 Wellness Nurse<br>9:00 Knitting/Crocheting<br>9:00 Yoga<br>10:30 Cardio Cut<br>11:00 Whist<br>12:30 Lunch with the Senior Center*<br>1:00 Low Impact Fitness<br>1:00 Cribbage                                       | <b>MARCH 25</b><br>9:00 Cardio Strength Circuit<br>10:00 Crafts with Laura<br>10:30 Groove & Sculpt<br><b>11:00 GRAB &amp; GO</b><br><b>SACRED HEART CHURCH</b><br><b>GENE'S VARIETY</b><br>12:30 Lunch with the Senior Center* |
| <b>MARCH 28</b><br>8:30 Pilates<br>9:30 Barre<br>9:30 Cribbage<br>10:30 Strength & Fall Prevention<br>1:00 Low Impact Fitness | <b>MARCH 29</b><br>9:00 Mindful Steps<br>9:30 Total Body Conditioning<br>10:30 Chair Yoga<br>12:30 Dominoes<br>12:30 Lunch with the Senior Center*<br>1:00 Mah Jongg<br>1:00 Tai Chi  | <b>MARCH 30</b><br>9:00 Gentle Yoga<br>9:00 Wellness Nurse<br>10:00 Strength & Fall Prevention<br>11:00 Groove & Sculpt<br>12:00 Watercolor Painting Class<br>12:30 Lunch with the Senior Center*<br>12:30 Muscle & Mat                          | <b>MARCH 31</b><br>9:00 Wellness Nurse<br>9:00 Knitting/Crocheting<br>9:00 Yoga<br><b>10:00 MEN'S GROUP</b><br>10:30 Cardio Cut<br>11:00 Whist<br>12:30 Lunch with the Senior Center*<br>1:00 Low Impact Fitness<br>1:00 Cribbage           | <b>APRIL 1</b><br>9:00 Cardio Strength Circuit<br>10:00 Crafts with Laura<br>10:30 Groove & Sculpt<br>12:30 Lunch with the Senior Center*   |
| <b>APRIL 4</b><br>8:30 Pilates<br>9:30 Barre<br>9:30 Cribbage<br>10:30 Strength & Fall Prevention<br>1:00 Low Impact Fitness  | <b>APRIL 5</b><br>9:00 Mindful Steps<br>9:30 Total Body Conditioning<br>10:30 Chair Yoga<br>12:30 Dominoes<br>12:30 Lunch with the Senior Center*<br><b>1:00 WOMENS GROUP</b><br>1:00 Mah Jongg<br>1:00 Tai Chi<br>2:30 Milford Senior Singers                                | <b>APRIL 6</b><br>9:00 Gentle Yoga<br>9:00 Wellness Nurse<br>10:00 Strength & Fall Prevention<br>10:30 Veterans Meeting<br>11:00 Groove & Sculpt<br>12:00 Watercolor Painting Class<br>12:30 Lunch with the Senior Center*<br>12:30 Muscle & Mat | <b>APRIL 7</b><br>9:00 Wellness Nurse<br>9:00 Knitting/Crocheting<br>9:00 Yoga<br><b>10:00 LOW VISION WORKSHOP</b><br>10:30 Cardio Cut<br>11:00 Whist<br>12:30 Lunch with the Senior Center*<br>1:00 Low Impact Fitness<br>1:00 Cribbage    | <b>APRIL 8</b><br>9:00 Cardio Strength Circuit<br>10:00 Crafts with Laura<br>10:30 Groove & Sculpt<br>12:30 Lunch with the Senior Center*   |
| <b>APRIL 11</b><br>8:30 Pilates<br>9:30 Barre<br>9:30 Cribbage<br>10:30 Strength & Fall Prevention<br>1:00 Low Impact Fitness | <b>APRIL 12</b><br>9:00 Mindful Steps<br>9:30 Total Body Conditioning<br><b>10:00 BEREAVEMENT GROUP</b><br>10:30 Chair Yoga<br><b>12:00 RED HAT SOCIETY</b><br>12:30 Dominoes<br>12:30 Lunch with the Senior Center*<br>1:00 Mah Jongg<br>1:00 Tai Chi                        | <b>APRIL 13</b><br>9:00 Gentle Yoga<br>9:00 Wellness Nurse<br>10:00 Strength & Fall Prevention<br>11:00 Groove & Sculpt<br>12:00 Watercolor Painting Class<br>12:30 Lunch with the Senior Center*<br>12:30 Muscle & Mat                          | <b>APRIL 14</b><br>9:00 Wellness Nurse<br>9:00 Knitting/Crocheting<br>9:00 Yoga<br>10:30 Cardio Cut<br>11:00 Whist<br><b>11:30 WELLNESS WORKSHOP</b><br>12:30 Lunch with the Senior Center*<br>1:00 Low Impact Fitness<br>1:00 Cribbage     | <b>APRIL 15</b><br>9:00 Cardio Strength Circuit<br>10:00 Crafts with Laura<br>10:30 Groove & Sculpt<br>12:30 Lunch with the Senior Center*  |
| <br><b>CLOSED</b>                           | <b>APRIL 19</b><br>9:00 Mindful Steps<br>9:30 Total Body Conditioning<br><b>10:00 BOOK GROUP</b><br>10:30 Chair Yoga<br><b>11:00 WRITER'S GROUP</b><br>12:30 Dominoes<br>12:30 Lunch with the Senior Center*<br>1:00 Mah Jongg<br>1:00 Tai Chi<br>2:30 Milford Senior Singers | <b>APRIL 20</b><br>9:00 Gentle Yoga<br>9:00 Wellness Nurse<br>10:00 Strength & Fall Prevention<br>11:00 Groove & Sculpt<br>12:00 Watercolor Painting Class<br>12:30 Lunch with the Senior Center*<br>12:30 Muscle & Mat<br><b>1:00 TRIVIA</b>    | <b>APRIL 21</b><br>9:00 Wellness Nurse<br>9:00 Knitting/Crocheting<br>9:00 Yoga<br>10:30 Cardio Cut<br><b>11:00 MSC GRAB &amp; GO</b><br>11:00 Whist<br>12:30 Lunch with the Senior Center*<br>1:00 Low Impact Fitness<br>1:00 Cribbage     | <b>APRIL 22</b><br>9:00 Cardio Strength Circuit<br>10:00 Crafts with Laura<br>10:30 Groove & Sculpt<br>12:30 Lunch with the Senior Center*  |
| <b>APRIL 25</b><br>8:30 Pilates<br>9:30 Barre<br>9:30 Cribbage<br>10:30 Strength & Fall Prevention<br>1:00 Low Impact Fitness | <b>APRIL 26</b><br>9:00 Mindful Steps<br>9:30 Total Body Conditioning<br>10:30 Chair Yoga<br><b>11:00 FORTUNE COOKIE CLUB</b><br>12:30 Dominoes<br>12:30 Lunch with the Senior Center*<br>1:00 Mah Jongg<br>1:00 Tai Chi  | <b>APRIL 27</b><br>9:00 Gentle Yoga<br>9:00 Wellness Nurse<br>10:00 Strength & Fall Prevention<br>11:00 Groove & Sculpt<br>12:00 Watercolor Painting Class<br>12:30 Lunch with the Senior Center*<br>12:30 Muscle & Mat                          | <b>APRIL 28</b><br>9:00 Wellness Nurse<br>9:00 Knitting/Crocheting<br>9:00 Yoga<br><b>10:00 MEN'S GROUP</b><br>10:30 Cardio Cut<br>11:00 Whist<br>12:30 Lunch with the Senior Center*<br>1:00 Low Impact Fitness<br>1:00 Cribbage           | <b>APRIL 29</b><br>9:00 Cardio Strength Circuit<br>10:00 Crafts with Laura<br>10:30 Groove & Sculpt<br><b>11:00 GRAB &amp; GO</b><br><b>SACRED HEART CHURCH</b><br><b>GENE'S VARIETY</b><br>12:30 Lunch with the Senior Center* |

\*Lunch with the Senior Center broadcasts live from Milford TV Tuesday thru Friday at 12:30 pm. Tune into Channel 8 (Comcast) or Channel 38 (Verizon)