






# MONONA SENIOR CENTER CALENDAR • MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 8:30 Tax Clinic 10:00 <i>Memory Café</i> 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre	<b>2</b> 8:45 Senior Shape-up 10:00 Crafts <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>12:00 Bingo &amp; Lunch</b> 1:00 <i>Mah Jongg</i>	<b>3</b> 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:30 Sheepshead 1:00 BB4B
<b>6</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:00 Reflexology 12:30 Bridge	<b>7</b> <b>9:30 Target</b> 10:00 Chorus 12:00 Carvers 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Dan's Open Lab 	<b>8</b> 8:30 Tax Clinic 10:00 Stretch & Tone <b>10:00 Veterans Group</b> 11:00 Pilates 12:00 Canasta 12:45 Euchre	<b>9</b> 8:45 Senior Shape-up 10:00 Crafts <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub 1:00 <i>Mah Jongg</i> 1:00 Movie 	<b>10</b> 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>9:30 Scholarly Scoop</b> <b>10:00 Learn to Play Sheepshead</b> <b>11:30 Case Manager</b> 12:00 Nutrition Site 12:30 Sheepshead 1:00 BB4B
<b>13</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> <b>12:00 Tax Clinic</b> 12:00 Adult Coloring 12:30 Bridge	<b>14</b> 9:00 Foot Care Clinic <b>9:30 Woodman's</b> 10:00 Chorus 10:00 Chair Yoga 12:00 Carvers 12:30 500/Hand & Foot 1:00 Scrabble <b>3:00 Garden Club Mtg</b> 	<b>15</b> 8:30 Tax Clinic 10:00 Stretch & Tone 10:00 <i>Knit &amp; Stitch</i> <b>10:00 Gather Box</b> 11:00 Pilates 12:00 Canasta 12:45 Euchre	<b>16</b> 8:45 Senior Shape-up 9:00 Reflexology <b>10:00 Ireland with Joe Fahey</b> <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub 1:00 Stamp Camp 1:00 <i>Mah Jongg</i> 4:00 Friends Board Mtg	<b>17</b> <b>8:00 Chair Massage</b> 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site <b>12:30 St. Pat's Music</b> 12:30 Sheepshead 1:00 BB4B 
<b>20</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> <b>12:00 Tax Clinic</b> 12:00 Adult Coloring 12:30 Bridge	<b>21</b> 10:00 Chorus 10:00 Chair Yoga <b>11:00 Dementia Caregiver Group</b> 12:00 Carvers 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Dan's Open Lab	<b>22</b> 8:30 Tax Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 	<b>23</b> 8:45 Sr. Shape -Up 9:00 Foot Care Clinic 10:00 Crafts <b>11:30 Cup of Chi</b> 12:00 Dominoes/Rummikub 1:00 <i>Mah Jongg</i>	<b>24</b> 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:30 Sheepshead 1:00 BB4B
<b>27</b> 8:30 Quilters 9:00 Dia. Foot Clinic <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:30 Bridge	<b>28</b> 10:00 Chorus 12:00 Carvers 12:30 500/Hand & Foot 1:00 Scrabble <b>Something on a Stick Day</b>	<b>29</b> 8:30 Tax Clinic 12:00 Canasta 12:45 Euchre	<b>30</b> 8:45 Sr. Shape -Up 9:00 Foot Care Clinic 10:00 Crafts <b>11:30 Cup of Chi</b> 12:00 Dominoes/Rummikub 1:00 <i>Mah Jongg</i> 1:00 Movie	<b>31</b> 9:00 Cribbage <b>9:00 ROMEO</b> 12:00 Nutrition Site 12:30 Sheepshead 1:00 BB4B

*Italics is an offsite program // Green denotes Zoom Events*