

LEROY ROGERS SENIOR CENTER

March 26, 2019 is American Diabetes Alert Day!

MARCH 2019

Dates to remember...

ST. PATRICK'S DAY MARCH 17TH!! 
LENTE LUNCH SCHEDULE STARTS MARCH 6TH – APRIL 17TH.

March 14 at 10:30a.m. Join us for a panel discussion on the differences between Palliative Care and Hospice—Presented by Hospice of Tift Area and Tift Regional Health System Palliative Care. Lunch will be served.

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
					1 10am *Diabetes Counts	2
3	4 9am *Exercise 10:15 *Chair Yoga 1pm Bridge	5 9am *Exercise 10am Trivia w/Pruitt Health	6 10am *Bible Study 10:15 *Chair Yoga 12pm *Lenten Luncheon 1pm Bridge	7 Fran's B-Day 9am *Exercise 10am *Music 10am Foster Grandparents	8 10am *Nutrition Talk (UGA Ext. Office)	9
10	11 9am *Exercise 10:15 *Chair Yoga 1pm Bridge	12 9am *Exercise 10am St. Patty's Day Craft	13 10am *Bible Study 10:15 *Chair Yoga 12pm *Lenten Luncheon 1pm Bridge	14 9am *Exercise 10am *Medication Management 4pm *Alzheimer's Group	15 WEAR GREEN DAY 10am *Diabetes Counts 7pm *Self Dance (Singles Enjoying Life Forever)	16
17	18 9am *Exercise 10:15 *Chair Yoga 1pm Bridge	19 9am *Exercise 10am *Singing Samaritans	20 10am *Bible study 10:15 *Chair Yoga 12pm *Lenten Luncheon 1pm Bridge	21 9am *Exercise 10am *Music	22 10am BINGO/Rescare	23
24	25 9am *Exercise 10:15 *Chair Yoga 1pm Bridge	26 DIABETES ALERT DAY 9am *Exercise 10am *Crafts w/Kim 1pm Bridge	27 10am *Bible Study 10:15 *Chair Yoga 12pm *Lenten Luncheon 1pm Bridge	28 9am *Exercise 10am *Respiratory Talk w/Ga Home Health	29 10am *Diabetes Counts	

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***THESE EVENTS ARE OPEN TO THE PUBLIC
 AGE 50 + ARE WELCOME—
 PLEASE JOIN US!**

March Is National Nutrition Month



Birthdays

5 th Betty R.	13 th Travis
6 th Geneva	24 th Mary W.
7 th Fran	
8 th Mr. McDaniel	