








Meals on Wheels delivers to those who can't join us at the Center Call 388-4711 for more information		Belgrade Senior Center MARCH 2019 Activities				92 E. Cameron Ave Belgrade, MT 59714 388-4711	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	2 	
3	4 9 am Movement in Motion 12:30 pm Hand & Foot	5 9 am Yoga 10 am Full Body Exercise 1 pm Tax Aid – Call for appointment	6 9 am Movement in Motion 9 am Needle Aires Food Pantry	7 8:30 am Pinochle 12:45 pm Bingo Blood Pressure Check	8 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	9 12:00 pm <b>Game Day and Potluck</b>	
10 	11 9 am Movement in Motion 12:30 pm Hand & Foot	12 <b>11 am KBZK Team</b> 9 am Yoga 10 am Full Body Exercise <b>11:30 am Red Rockers @</b> 1 pm Tax Aid – Call for appointment	13 9 am Movement in Motion 9 am Needle Aires Food Pantry <b>1 pm Cooking Class – “All About Herbs”</b>	14 8:30 am Pinochle 12:45 pm Bingo	15 8 am Yoga 9 am Movement in Motion 12:30 Pinochle 1 pm “Come Fly a Kite”	16 	
17 	18 9 am Movement in Motion 12:30 pm Hand & Foot <b>Brown Bag Medicine Review (call for appointment)</b> <b>1 pm Board Meeting</b>	19 9 am Yoga 10 am Full Body Exercise 1 pm Tax Aid – Call for appointment	20 <b>Birthday Celebration</b> 9 am Movement in Motion 9 am Needle Aires Food Pantry <b>12:30 pm – 2 pm Dementia Education and Support</b>	21 <b>Breakfast Club</b> 8:30 am Pinochle 12:45 pm Bingo	22 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	23 	
24	25 9 am Movement in Motion 12:30 pm Hand & Foot	26 9 am Yoga 10 am Full Body Exercise 1 pm Tax Aid – Call for appointment	27 9 am Movement in Motion 9 am NeedleAires Food Pantry	28 8:30 am Pinochle 12:45 pm Bingo	29 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	30	
31 