ORANGE BEACH SENIOR CENTER

26251 CANAL ROAD

(251) 981-3440

** Blood Pressure Checks **
Wednesdays 9:00am—10:00am
Provided by: Orange Beach Fire Dept.



March 2017



"Color Me Calm"
Wednesdays 9a-11a
Coloring helps us destress, generates
wellness & stimulates the brain. All
supplies provided.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
instructor will be March 31s Exercise or Sit & E	Ann Craig our exercis on vacation March 20 t. There will be no 3e fit on the following , 24, 27, 29 & 31st.**	thru	I Exercise 7:45am-8:45am Line Dancing 9:30-11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise	2 Yoga 8a-9a Glass Etching 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos	3 Exercise 7:45am-8:45a AARP TAX SERVICE 9a-12p BY APPOINTMENT Center Closed @ Noon Today	4
5	6 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise	7 Yoga 8a-9a AARP TAX SERVICE 9a-12p BY APPOINTMENT Ceramics 9am-11am Bridge 12 -3:30pm	8 Exercise 7:45a-8:45am 9a-11a: Color Me Calm Line Dancing 9:30-11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise	9 Yoga 8a-9a Glass Etching 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos	10 Exercise 7:45am-8:45a AARP TAX SERVICE 9a-12p BY APPOINTMENT 10am—"Medical I.D. Card" presentation by Karen Fleming	Festival of Art - Coastal Art Center
12 Daylight Savings Time Begins Festival of Art - Coastal Art Center	13 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise	14 Yoga 8a-9a AARP TAX SERVICE 9a-12p BY APPOINTMENT 10a Grief Group Ceramics 9am-11am Bridge 12 -3:30pm	Exercise 7:45a-8:45am 9a-11a: Color Me Calm Line Dancing 9:30-11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise	16 Yoga 8a-9a Glass Etching 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos	17 Exercise 7:45am-8:45a AARP TAX SERVICE 9a-12p BY APPOINTMENT *Trip—Naval Air Museum	18
19	20 No Exercise Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm No Sit & Be Fit Exercise	21 Yoga 8a-9a AARP TAX SERVICE 9a-12p BY APPOINTMENT Ceramics 9am-11am Bridge 12 -3:30pm	No Exercise 9a-11a: Color Me Calm Line Dancing 9:30-11:30 Dominoes 9:30-12pm No Sit & Be Fit Exercise	23 Yoga 8a-9a Glass Etching 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos	24 No Exercise AARP TAX SERVICE 9a-12p BY APPOINTMENT *Trip—Festival of Flowers	25
26	27 No Exercise Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm No Sit & Be Fit Exercise	28 Yoga 8a-9a AARP TAX SERVICE 9a-12p BY APPOINTMENT Ceramics 9am-11am Bridge 12 -3:30pm	29 No Exercise 9a-11a: Color Me Calm Line Dancing 9:30-11:30 Dominoes 9:30-12pm No Sit & Be Fit Exercise	30 Yoga 8a-9a Glass Etching 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos	31 No Exercise AARP TAX SERVICE 9a-12p BY APPOINTMENT	