

The Senior Center of the Kingsbury & Fort Edward Area, Inc.
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March 2013

March is "National Nutrition Month"

Mon. Wed. Fri. "SilverSneakers" Tues. Thurs. "Osteobusters" Tues. "Tai Chi"
3/13 2nd Annual Senior Center Basket Raffle tickets on sale!!!
(Tickets are \$1.00 each or 7 for \$5.00).

3/14 Corned Beef & Cabbage (steamed potatoes, steamed carrots, and
Irish Tea Cake). St. Patrick's Day Music sing-a-long.

3/14 March 50/50 raffle @ 11:30

3/14 Washington County Veteran Services Agency Sam Hall,
Director of Veteran Services will speak @ 11:15

3/19 Card Making Class @ 10:00

3/19 Washington County CARES Stephanie Ball, Training & Resource
Dev. Coordinator will speak @ 11:30 (guidelines on nutrition, and physical
activity for cancer prevention).

3/20 Dry Brook Sugar House Trip @ 11:00 (tour and lunch)

3/21 Quarterly Happy Birthday Celebration (birthday cake)
"celebrating Jan. Feb. and Mar. birthdays."

3/21 Senior Center Basket Raffle 1:00-3:00 (cookies, punch or coffee)

3/27 Senior Center Newsletter Meeting @ 1:00

3/28 "Easter Ham" raffle (tickets on sale 3/18-3/28)

3/28 "Age to Perfection" Wellness Workshop Series Lindsay Rehm
of Ladybird Light, will present how "Reiki" can benefit your daily life and
aid in your body's natural ability to heal. Presentation @ 11:15

3/29 "Pot Luck Luncheon" @ 12:00 noon

* April "Mark Your Calendars" 4/3 Hyde Collection Tour, 4/4 Saratoga Casino, 4/13 Book and
Bake Sale, 4/17 Turning Stone Trip, 4/18 Ft. Edw. Rescue Squad Tour/Lunch, and 4/20 Card &
Board Game Party.

