





Fredericktown Senior Activity Center  
 Phone: (740) 694-4140 ex 4300  
**Hours: Monday-Friday 8am-4pm**  
 Cindy Ault - Director Cell Phone (740) 815-2644



# MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATUR
25	26	27	28	29	1	2
3	 <b>Food Demo</b> with Catie <b>11:00</b> Exercise 10:00	5	6 <b>Lunch 1:00</b> <b>BINGO 2:00</b> Chris Turner – Country Club	7 <b>Euchre</b> <b>Lunch – 11:30</b> Exercise 10:00	8	9
10	11 Exercise 10:00	12 Book Club 1:00	13 <b>Lunch 12:00</b> <b>BINGO 1:00</b> Uptown Lunch	14 <b>Hand &amp; Foot</b> <b>Lunch 12:00</b> Exercise 10:00	15  <b>GUYS AND DOLLS</b> La Comedia Dinner Theater	16
 <b>Saint Patrick's Day!</b>	17  <b>Food Demo</b> with Catie <b>11:00</b> Exercise 10:00	19 <b>Euchre</b> Lunch - 12:00	20 <b>BINGO</b> Snacks <b>2:00 – 4:00</b> Nita Moore & Ashlee Kent	21 <b>Hand &amp; Foot</b> Lunch 12:00 Exercise 10:00	22	23
24	25 Exercise 10:00	26 <b>Swish!</b> Lunch – 12:00	27 <b>Lunch Learn</b> <b>12:00</b> Curtis Farlee - Laurels	28 <b>PINOCLÉ</b> Lunch – 12:00 Exercise 10:00	29	30
<b>Easter</b> 31	1	2	3	4	5	6

Walking Hours: Monday - Friday  
 Halls: 7:00 am - 4:00 pm  
 Gym: 7 am - 10:30 am, 1:00 - 4:00

Gym Hours:  
 Mon - Fri 6:30am - 10:00am

