

March 2020

Coalport Center for Active Living Programming

850 Rear Main St, Coalport, PA 814-672-3574

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 AM - 11:00 AM Monday Morning Coffee Club First Monday of Each Month</p> <p>12:30 PM Pick a Craft Lets work on a craft for the holiday</p>	<p>3</p> <p>9:30 AM - 12:00 PM Matter Of Balance Exercise</p> <p>12:30 PM Craft Day!! Join us in making a craft for St. Patrick day</p>	<p>4</p> <p>10:30 AM - 1:30 PM Clearfield County Mobile Library</p> <p>12:30 PM Craft Day Finish working on crafts</p>	<p>5</p> <p>9:30 AM - 12:00 PM Matter Of Balance Exercise Join us in this exercise program</p> <p>12:30 PM Ceramics Come join us in painting the ceramics</p>	<p>6</p> <p>9:30 AM - 11:30 AM Cards (Pinochle, Canasta, Double Solitaire) - Join Us!</p> <p>12:30 PM Chair Dancing Join us in this fun new exercise.</p>
<p>10:00 AM - 11:00 AM Wheel of Fortune! Enjoy this fast paced game with us.</p> <p>12:30 PM Brain Games Come and join us to see how well you do in these games.</p>	<p>10</p> <p>9:30 AM - 12:00 PM Matter Of Balance Exercise Join us in this</p> <p>12:30 PM Basics of Sign Language Second Tuesday of the month We will be working on basic signs.</p>	<p>11</p> <p>10:00 AM - 11:00 AM Domino's Do you play? Join us!!</p> <p>12:30 PM Brain Games Come and join us to see how well you do in these games.</p>	<p>12</p> <p>9:30 AM - 12:00 PM Matter Of Balance Exercise Join us in this exercise program</p> <p>12:30 PM Team Bingo Bring a friend and play team bingo with us.</p>	<p>13</p> <p>9:30 AM - 12:00 PM Diabetes Self Management Program</p> <p>12:30 PM Chair Dancing Join us in this fun new exercise</p>
<p>16</p> <p>10:00 AM - 11:00 AM Domino's Let's get ready for the Tournament</p> <p>12:30 PM Brain Games Come and join us to see how well you do in these games.</p>	<p>17</p> <p>10:00 AM - 11:00 AM Nutrition Education 20 Health Tips for 2020</p> <p>12:30 PM St. Patrick's Day Celebration St. Patrick's Games</p>	<p>18</p> <p>10:00 AM - 11:00 AM Movie Trivia What's your favorite movie quote?</p> <p>12:30 PM Domino's Third Wednesday of the month tournament</p>	<p>19</p> <p>9:30 AM - 12:00 PM Matter Of Balance Exercise Join us in this exercise program</p> <p>12:30 PM Performance on String instruments w/Jodi Emond and Jo & Steve Palov</p>	<p>20</p> <p>9:30 AM - 12:00 PM Diabetes Self Management Program</p> <p>12:30 PM Brain Games Can you keep up?</p>
<p>23</p> <p>10:00am 11:00 Nutrition Education Healthy Tips for 2020</p> <p>12:30 PM Wheel of Fortune Yiy can compete in America's Game</p>	<p>24</p> <p>9:30 AM - 12:00 PM Matter Of Balance Exercise</p> <p>12:30 PM Tony Desantis from Prince Gallitizin State Park Birthday Celebration Day</p>	<p>25</p> <p>10:30 AM - 1:30 PM Clearfield County Mobile Library</p> <p>11:00 AM - 12:00 PM New User Course on Computers w/Rachel 12:30 CPAC Meeting</p>	<p>26</p> <p>9:30 AM - 12:00 PM Matter Of Balance Exercise Join us in this exercise program</p> <p>12:30 PM Scrabble / Parcheesi / Monopoly What's your favorite game?</p>	<p>27</p> <p>9:30 AM - 12:00 PM Diabetes Self Management Program</p> <p>12:30 PM Pick or Poke Bingo or Choice of Prizes</p>
<p>30</p> <p>10:00 AM - 11:00 AM Trivia Monday Are you good at Trivia challenge</p> <p>12:30 PM Scrabble Come show us how well you can do.</p>	<p>31</p> <p>9:30 AM - 12:00 PM Matter Of Balance Exercise Join us in this</p> <p>12:30 PM Milkshake Day Joins us for an afternoon snack.</p>	<p>Also on March 31..... 12:30 PM "Opiods" w/Michelle Nutter PA Attorney General Office</p>		