

**March 2020**

**Clearfield Center for Active Living Programming**

116 South Second Street, Clearfield, PA 814-765-9319

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30 AM March Madness Basket Ball Tournament Woman vs the Men	3 10:30 AM March Madness Basket Ball Tournament  1:00 PM - 3:30 PM Chronic Pain Self Management Workshop Must be Pre-Registered	4 11:00 AM Nutrition Education 20 Healthy Tips for 2020 Along with Facts or Fiction on Foods	5 10:30 AM Let us All Bowl for the Exercise  11:00 AM Come in and Play with the Talking Beach Ball	6 11:00 AM Come into the Center and meet NEW Friends Playing a Game of Bingo
9 10:30 AM Let us Learn a New Word for the day with Word Games	10 10:30 AM Craft Let's Make a Salt Garden  1:00 PM - 3:30 PM Chronic Pain Self Management Workshop	11 10:30 AM Area Agency on Aging 10 Warning Signs of Alzheimer's	12 10:30 AM The Five Wishes Clearfield Penn Highlands Hospice	13 11:00 AM Bingo Is it your Lucky Day? Playing BINGO before St Patricks Day
16 10:30 AM Celebrate St Patricks Day playing a different game of Corn Hole and other games for St Patricks Day	17 10:30 AM Kindred Hospice St. Patricks Day Bingo  1:00 PM - 3:30 PM Chronic Pain Self Management Workshop	18 10:30 AM Come On In and See If you Know Is the Price Right?	19 10:30 AM Kindred Hospice Benefits from Social Security for End of Life Care	20 11:00 AM BINGO BINGO BINGO You could be the Lucky Winner!
23 10:00 AM Help to Decorate the Center for Active Living for Easter	24 10:30 Are You able to Name all the Colors with the Alphabet  1:00 PM - 3:30 PM Chronic Pain Self Management Workshop	25 11:00 AM Pick or Poke BINGO Come on in to see how this game works.	26 10:00 AM Let us All Learn How to make individual donuts.	27 11:00 AM BINGO with the Friends at the Center for Active Living
30 10:00 AM Easter Craft  After Lunch Celebrate March Birthdays	31 10:30 AM Understanding Alzheimer's and Dementia w/Area Agency on Aging  1:00 PM - 3:30 PM Chronic Pain Self Management			