


McGuire Center Activity Calendar March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise	4 9:30 Trip to ShopRite 11:00 Chair Yoga with Carolyn 11:30 Movie – His Girl Friday	5 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting	6 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Mah Jongg Practice Play <i>Tax Prep with Bergen Volunteers (by appt)</i>	7 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO <i>(Center Closing at 3 PM)</i>	8
9	10 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise <i>(Center Closing at 1 PM)</i>	11 9:30 Trip to ShopRite 11:00 Chair Yoga with Carolyn 11:30 Movie – Norma Rae <i>(Center Closing at 2 PM)</i>	12 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Arbor Presents: Body – Mind – Soul 12:15 Strength Training with Steve <i>(Center Closing at 1 PM)</i>	13 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 St. Patrick's Party <i>(No Tax Prep)</i>	14 9:00 Northvale Birthday Celebration 9:00 Podiatrist Visit <i>(by appointment)</i> 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	15 Happy Birthday, Northvale! 
16	17 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise	18 9:30 Trip to ShopRite 10:00 March Breakfast 11:00 Chair Yoga with Carolyn 11:30 Movie – Holler	19 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Pizza Bingo	20 10:00 Coffee Chit-Chat 11:00 Bruce Hammer Presents: The First Yankees Dynasty 11:15 Chair Pilates with Kim 12:00 Mah Jongg Practice Play <i>Tax Prep with Bergen Volunteers (by appt)</i>	21 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	22
23	24 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise	25 9:30 Trip to ShopRite 11:00 Chair Yoga with Carolyn 11:30 Movie – She Said	26 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Braven Health Presents: Oral Health 12:15 Strength Training with Steve	27 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Mah Jongg Practice Play <i>Tax Prep with Bergen Volunteers (by appt)</i>	28 9:00 Teatime Talk with Northvale Middle Schoolers 10:30 Mah Jongg 12:00 BINGO	29
30	31 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise					