

Daily Activities

Monday

Karate	9:30-10:30 am
Mah Jongg	10:00-12:30 pm
Tai Chi for better balance w/Sandy	11:00-12:00 pm
FABS/SAIL with Beth & Lois	2:10-3:10 pm
Memoir Writing Class	2:30-4:00 pm

Tuesday

Harry's Bingo	10:00-11:00 am
Pinochle	12:15-2:15 pm
FABS/SAIL with Beth & Lois	2:10-3:10 pm
Tai Chi Practice	3:30- 4:30 pm

Wednesday

Bunco	10:00-11:00 am
Intermediate Line Dancing w/ Sue	1:30-3:30 pm
Fab/Sail with Beth & Lois	2:10-3:10 pm

Thursday

Grocery Bingo	10:00-11:00 am
Intermediate French	10:00-11:30 am
FABS/SAIL with Beth & Lois	2:10-3:10 pm
Laughing your heart open	3:30- 4:30 pm
VITA Tax Preparation	9:30-2:30 pm

Friday

Falun Dafa	9:00 -10:00 am
Beginning Tai Chi	10:00-11:00 am
Beginning Yoga	11:00 -12:00 pm
Bridge	1:00 -4:00 pm



Available Monday-Friday

Library and Computer Lab	9:00-1:00 pm
Senior Services Office	9:00-3:00 pm
Lunch	11:30-12:15 pm
Billiards	12:00-3:00 pm

March 2020 Activities

Mar 4	Caregiver Support Group	1:00-2:00
Mar 5	Genealogy Group	10:00-12:00
Mar 6	Conscious Living Book Club	1:30-2:30
Mar 6	John Nelson Performs	11:00-11:30
Mar 11	LeAnne Morini Performs	11:00-11:30
Mar 11	Emblem Club Serves Lunch	11:30-12:15
Mar 14	Globetrotters Lunch Bunch Tres Chiles Picosos-Eureka	Noon
Mar 17	St. Patrick's Day Celebration	11:30-12:15
Mar 17	Foster Grandparents Program	11:30-2:00
Mar 17	Caregiver Support Group	1:00-2:00
Mar 18	Commodities Distribution	10:00-11:30
Mar 19	Genealogy Group	10:00-12:00
Mar 20	Conscious Living Book Club	1:30-2:30
Mar 24	Stamp Club	6:00-9:00pm



Mar 27 Accordionaires Perform 11:30-12:15

Mar 27 Birthday Celebration 11:30-12:15

Often times the New Year brings about resolutions and ideologies of quitting bad habits, losing weight or stopping enjoying something that might not be so great for us. While it isn't the "New Year", rather than stopping old or bad habits and focusing on the hard to change or the negative things; transform your mindset and start a NEW GREAT habit. Take the time to try some new things and make new habits!

Here is a list of new habits to try:

Drink more water (hydrate yourself), write (did you know we have a memoir writing group?), keep a gratitude journal (focus on the good things in your life), meditate or try Yoga (we have those groups too), start gentle movement after you eat (check out one of our exercise classes), volunteer (HSRC is always looking for volunteers).



Come To Lunch

Did you know that in addition to our delicious regular lunch menu, our dining sites have a vegetarian alternative entrée available for participants, by reservation, every day? For reservations call Cathy at 443-9747. Lunch service begins at 11:30 am at the Eureka dining centers

\$3.50 is the suggested donation. No senior, 60+, will be denied a meal if unable to donate.

For those under 60 there is a \$6.00 fee.