

March 2023

Mon	Tue	Wed	Thu	Fri
<p><i>Tuesdays & Thursdays</i> 10am-11am <i>Exercise Class</i> 12pm-1pm <i>Line Dancing</i> 5pm-6pm <i>Yoga Class</i></p>	<p><i>Thursdays</i> 10am - ? <i>American History Class</i> <i>w/ Dave Wynne</i></p>	<p>1 10:15am <i>Seniorcise</i> 11:00am <i>Bible Study</i> <i>w/Pastor Eunice Jones</i></p>	<p>2 10am - 11am <i>Coffee Creations</i> 11:00am <i>Mind Benders</i></p>	<p>3 10:15am <i>Tai Chi</i> 11:00am <i>Color Therapy Bingo</i></p>
<p>6 10:15am <i>Seniorcise</i> 11:00am <i>Mystery Bingo</i></p>	<p>7 10am-11am <i>Donuts from Rose & Quesenberry (Francis)</i> <i>Free Coffee From RCCOA</i></p>	<p>8 10:15am <i>Seniorcise</i> 11:00am <i>Bible Study</i> <i>With Dr. Charles Bright</i></p>	<p>9 10:30am <i>Beckley Arts Center</i> <i>Presentation for a Special Senior Class</i> <i>Saja Montague</i></p>	<p>10 10:15am <i>Tai Chi</i> 11:00am <i>Nutrition Month Bingo</i></p>
<p>13 10:15am <i>Seniorcise</i> 11:00am <i>Green Month Bingo</i></p>	<p>14 10:15am <i>Special Men's Gathering Meeting</i> 11:00am <i>Potato Chip Day Bingo</i></p>	<p>15 10:15am <i>Seniorcise</i> 11:00am <i>Bible Study w/ Haven Davis</i></p>	<p>16 11:00am <i>ARH Presents</i> <i>Dr. Barrett Campbell</i> <i>"Colon Cancer"</i></p>	<p>17 10:30am <i>To</i> 12:30pm <i>St. Patty's Day Celebration</i> <i>Line Dancers (Performing)</i></p>
<p>20 10:15am <i>Seniorcise</i> 11:00am <i>Welcome to Spring Bingo</i></p>	<p>21 10:15am <i>Chair Yoga With Jeri</i> 11:00am <i>Brain Teasers</i></p>	<p>22 10:15am <i>Seniorcise</i> 11:00am <i>Bible Study With Elder Terry Moore</i></p>	<p>23 10:30am <i>RCCOA Presents</i> <i>Malnutrition v/s</i> <i>Nutrition Education</i></p>	<p>24 10:15am <i>Tai Chi</i> 11:00am <i>Nutrition Bingo</i></p>
<p>27 10:15am <i>Seniorcise</i> 11:00am <i>Coca Cola Bingo</i></p>	<p>28 10:15am <i>Meta Hobson "Caption Call"</i> 11:00am <i>Mystery Game</i></p>	<p>29 10:15am <i>Seniorcise</i> 11:00am <i>Bible Study w/ Dwight Bright</i></p>	<p>30 10:30am-12pm <i>March Birthday Party</i> <i>w/David Runion</i> <i>Cake by Best Ambulance</i></p>	<p>31 10:15am <i>Tai Chi</i> 11:00am <i>Bingo Bingo</i></p>