








March 2025

| MONDAY   | TUESDAY  | WEDNESDAY                                  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| 3 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i>  | 4 Mardi Gras    | 5 Nickel Bingo                             | 6 <i>Silver Sneakers Class offered by North Family Center 1-1:55pm</i>  | 7 Avoid Identity Theft with Isabella Bank 12-1pm   |
| 10 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i> | 11 Healthy Hints: Beyond the Black and Blue : Guide to Bruising & Blood Disorders  | 12 Who were the Grimm Brothers?            | 13 <i>Silver Sneakers Class offered by North Family Center 1-1:55pm</i> | 14 St. Patricks Day Celebration w/ Entertainment by Windsong   |
| 17 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i> | 18 Blood Pressure Clinic 11:30 am-1 pm<br>Friendly Folks Board Meeting  | 19 Grief Recovery Group with Melissa Sweet | 20 <i>Silver Sneakers Class offered by North Family Center 1-1:55pm</i> | 21 Bingo                                        |
| 24 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i> | 25 Suet Making    | 26 Nickel Bingo                            | 27 <i>Silver Sneakers Class offered by North Family Center 1-1:55pm</i> | 28 Birthday & Anniversary Party 12:15<br>Bingo  |
| 31 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i> | <p><b>*All Activities starting at 12:15 unless otherwise noted*</b><br/> <b>Call 989-282-1622 or visit us online SeniorServicesMidland.org</b></p>       |  |   |  |

Meals are available Tuesday, Wednesday and Friday at 11:30 am. Please call 989-282-1622 by 9 am the day you would like to reserve a meal.

**Regularly Scheduled Programs**

- Tuesdays**
- Group Exercise with Natalie 10:45-11:15 am
- Wednesdays**
- Group Exercise with Natalie 10:45-11:15 am
  - Seasonal Treats unless otherwise noted
- Fridays**
- Group Exercise with Natalie 10:45-11:15 am

## Activity Descriptions

**Tues, March 4** • Mardi Gras

**Wed, March 5** • Nickel Bingo

**Fri, March 7** • Avoid Identity Theft with Isabella Bank, 12-1 pm

**Tues, March 11** • Healthy Hints: Beyond the Black and Blue: A Guide to Bruising & Blood Disorders at 12:15 pm

**Wed, March 12** • Who were the Grimm Brothers?

**Fri, March 14** • St. Patrick's Day Celebration with Entertainment by Windsong

**Tues, March 18** • Blood Pressure Clinic from 11:30 am-1 pm, Friendly Folks Board Meeting

**Wed, March 19** • Grief Support Group at 12:15 pm

**Fri, March 21** • Bingo

**Tues, March 25** • Suet Making

**Wed, March 26** • Nickel Bingo

**Fri, March 28** • Birthday and Anniversary Party, Bingo



**Mills Center**  
 2601 E Shearer Rd • Midland  
**(989) 282-1622**  
 SeniorServicesMidland.org