

HOOSICK FALLS CENTER MONTHLY ACTIVITIES

Office: 518-686-7561

Meals served or Grab & Go Daily at noon call by 10:00 to reserve

March 2025

Center Open Daily 9:00 - 3:00

Daily Events

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAY	FRIDAYS
Gym Open 9:00-2:00 10:00 Card Group 10:30 Exercise w/Sonya	Gym Open 9:00-2:00 10:00 Card Group	Gym Open 9:00-2:00 10:00 Card Group 10:00 Cardio Drumming 1:30 Exercise w/Pat	Gym Open 9:00-2:00 10:00 Card Group	Gym Open 9:00-2:00 10:00 Card Group 10:00 Cardio Drumming

EVENTS FOR MARCH 2025

Monday March 3 rd	12:30 Diabetes prevention discovery session presented by Catholic Charities
Wednesday March 5 th	March Craft \$5.00 sign up on table 10:00/12:30 Special Music by John Hill
Thursday March 6 th	March Craft \$5.00 sign up on table 10:00
Friday March 7 th	12:30 Mystery/variety Bingo
Monday March 10 th	12:30 Hearing Well? A presentation by Dr. Sandra Mayer
Wednesday, March 12 th	11:00 Town of Hoosick Senior/Center Meeting/12:30 Monthly Birthday Celebration w/trivia
Thursday March 13 th	10:00 – 11:30 Digital Literacy/Tech help w/Michelle from Cornell appointment encouraged
Friday March 14 th	12:30 Everything Green Bingo
Monday March 17 th	12:30 Arm Chair Travel to Ireland
Wednesday March 19 th	11:00 Eat Smart / 12:30 Board game fun
Friday March 21 st	12:30 All it Takes Is a little Imagination, painting fun
Monday March 24 th	12:30 Do you know your Medicare A, B, C and D's Medicare 101 educational session Open to anyone 60 or older presentation by MJ Murray
Wednesday, March 26 th	12:30 Senior Feud
Friday, March 28 th	12:30 Spring Bingo
Monday March 31 st	10:00 Yarn & More / 12:30 Movie Monday