



March 2020

Guadalupe Centers Senior Center

1015 Avenida Cesar E. Chavez Kansas City, Missouri 64108 816-421-1015



Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Stretching 2 Exercises 12:00 Lunch 1:00 Bingo	10:30 Tai Chi 3 12:00 Lunch 12:30 Walmart	10:30 Bingo 4 12:00 Lunch 1:00 Bingo	10:00 CDSMP 5 Classes 12:00 Lunch 1:00 Zumba	10:30 Bingo 6 12:00 Lunch 1:00 Bingo Daylight Saving Time
10:30 Bingo 9 12:00 Lunch 1:00 Bingo	10:30 Tai Chi 10 12:00 Lunch 12:30 Walmart	10:00 Stretching 11 Exercises 10:30 Bingo 12:00 Lunch 1:00 Bingo	10:00 CDSMP 12 Classes 12:00 Lunch 1:00 St Paddy's Ball	10:30 Bingo 13 12:00 Lunch 1:00 Bingo
10:00 Movie 16 Day @ Center 12:00 Lunch 1:00 Bingo	10:30 Tai Chi 17 12:00 Lunch 1:00 Games	10:30 Bingo 18 12:00 Lunch 1:00 Bingo	10:00 CDSMP 19 Classes 12:00 Lunch 12:30 Walmart	10:30 Bingo 20 12:00 Lunch 1:00 Bingo National Nutrition Month
10:30 Bingo 23 12:00 Lunch 1:00 Bingo	10:30 Tai Chi 24 Blood Pressures Diabetes Alert Day 12:00 Lunch 12:30 Walmart	10:00 Stretching 25 Exercising 10:30 Bingo 12:00 Lunch 1:00 Bingo	10:45 Zumba 26 12:00 Lunch 1:00 Crafts	10:30 Bingo 27 12:00 Lunch Birthday/Raffle 1:00 Bingo
10:00 Stretching 30 Exercises 12:00 Lunch 1:00 Bingo	10:30 Tai Chi 31 12:00 Lunch 12:30 Walmart			<p>*Calendar Subject to change without notice.</p>