

THE CENTER SCHEDULE

Lunch served Mon -Fri. 11:20am

Monday:

- 9:15 Nice & Easy Exercise* (weekly)
- 1:00 Line Dancing * (weekly)
- 2:00 V Team Bowling (weekly)
- 6:30 Classy Red Hatters (2nd)

Tuesday:

- 10:00 Bible Study* (weekly)
- 12:30 Euchre (weekly)

Wednesday:

- 8:30 Community Action * (3rd)
- 9:00 UCATS Shop (weekly)
- 10:00 "We shop for you" (weekly)
- 10:00 Kitchen Band (2nd & 4th or as listed)
- 10-11:30 Blood Pressure Clinic (2nd)
- 2:00 Bingo (weekly)

Thursday

- 8:45 Men's Breakfast Group (2nd)
- 10:00 Sing along with Joan (1st & 3rd)
- 10:00 Dianne May (food demo) (4th)
- 12-4:00 Ask Connie Carter (weekly)
- 6:30 Time with the Chaplain (2nd)
- 7:00 Board of Trustees meeting (3rd)

Friday

- 9:15 Nice & Easy Exercise* (weekly)
- 9 & 11 UCATS Shop & lunch (weekly)
- 10-12 REAP food pantry (weekly)
- 3:00 Coffee & Clay* (weekly)
- 6:00 Gospel Night (4th)

Saturday

- 10-3:00 Memory Keepers* (3rd)

*Annex (rear of building)

t MONDAYS

**9:15 EXERCISE
MON & FRI**

All ages may try this gentle routine using chairs & resistance for strength & flexibility.



1:00 LINE DANCING

with Fred & Art Smith
ALL AGES WELCOME



2:00 V-TEAM BOWLING



Test your Nintendo "Wii" skills in virtual bowling, on the RED or PURPLE team

t TUESDAYS

**PLAY EUCHRE
WITH FRIENDS**
12:30
Every Tuesday.



t_WEDNESDAYS



"We Shop For You"

Members of the Civic Center, volunteer their time each week to help those in our community unable to shop at the Richwood Cardinal on senior discount day. To get on the list - call on Tuesday 943-2310. Special thanks to JoAnn Stillings, Katie Coonfare, Joann Brown and Barb Matteson

JOIN THE KITCHEN BAND!



Play Kazoo or percussion.
Practice 2nd & 4th Wed. at 10:00.
Perform for seniors in nursing homes or assisted living facilities.

MEET GREAT PEOPLE - HAVE FUN

Special Wednesday stuff
2nd Wednesday of the Month 10- 11:30am
Blood Pressure Clinic with Jeanette Epp from Memorial Hospital
3rd Community Action 8:30am
Help with energy costs and other problems.

Come and join us for **BINGO**
Wednesdays at 2:00 until
March 25th at 6:00pm



Weekly Guest callers
20 games - 2 cards

Have fun, enjoy great company,
win groceries plus door prizes,

t THURSDAYS

Joan Porschet's
MUSIC FOR FUN- **SING ALONG**
is on the 1ST & 3RD **THURSDAY**
of the month at **10:00am.**
Join us Songbooks for all.

QUESTIONS? - ASK CONNIE!

**Senior Advocate,
Connie Carter will help
answer your questions...**
Check out your Medicare part D, digital converter boxes, Benefits, Medicare, Insurance, help with utilities, Drug Plans, HEAP, Homecare and any stuff that you get in the mail and don't understand?
CALL AHEAD FOR AN APPOINTMENT
Connie Carter is at the Civic Center on
Thursdays from 12:00 - 4:00
TO HELP YOU. 740-943-2310.



Coffee and Clay.
Thursdays at 1:00.



**Apartment resident Jan Shaner
shares her talents with ceramics.**
Classes are limited to 7.
Register in advance.

t FRIDAYS

9:15 Easy Exercise (Mon & Fri)

All ages may try this gentle routine using chairs & resistance for strength & flexibility.

(Richwood Emergency Assistance Program)

R.E.A.P. FOOD PANTRY

Located here in the Civic Center, to help individuals and families with emergency food supplies. No questions asked: clients pick up 4 times a year, twice every 6 mo.

OPEN FRIDAYS 10:00-12:00

(Enter front door; turn left down hall & left again.)
NEEDED

Noodles - Crackers - Sugar -Fruit -
Cake Mix - Mustard - Cereal - Peas -
Canned Meat - Muffin Mix -Beans
(dry, baked & kidney) - Mac/Cheese -
Soup - Ketchup - Mustard - Dish Soap

**Bring donations to the Civic Center
office anytime - M-F / 9-5.**

**Please write name of donor
on boxes and bags.**

THANK YOU FOR SUPPORTING
FOOD DRIVES - REAP NEEDS YOU!