

## MARCH 2024 HASTINGS SENIOR CALENDAR

**For information call  
478-2380 Ext. 2 for  
Anne.  
Press "0" for other  
staff**



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**11:00 Tai Chi**

**11 Senior Sneakers**  
**12:30 Bingo**

## No Chair Yoga

### 11 Current Events

## Shopping Trip to: ShopRite

### 11 Aerobics

**11 Chair Yoga**  
**12:30 Bingo**

**11:00 Tai Chi**

## 11 Senior Sneakers

## 11 Chair Yoga

Shopping Trip to:  
**Home Goods/Trader  
Joe's**

**11 Aerobics**

**No Yoga**  
**12:00 St. Patrick's Day Party-see flier**

**11:00 Tai Chi**

**11 Senior Sneakers**  
**12:30 Bingo**

**11 Chair Yoga**  
11 Current Events  
**12:15 Movie at the  
Community Center-**  
**see flier-sign up**

## Shopping Trip to: Kohl's/ShopRite

**11 Chair Yoga**  
**12:30 Bingo**  
**Trip to Hudson**  
**River Museum-see**  
**flier-sign up**

**11:00 Tai Chi**  
**1:30-2:30 Senior**  
**Book Group-**  
**Barnes Room**  
**Library**

**11 Senior Sneakers**  
**12:30 Bingo**

**No Yoga  
Introduction to Mind-  
fulness Workshop-see  
flier-sign up**

No Shopping  
Trip to Philipse  
Manor-see flier-sign  
up

**Shopping Trip to ShopRite**

**11 Chair Yoga**

**12:30 Bingo**

**11:00 Tai Chi**