


March 2025 – National Nutrition Month

ESAAA/CAA HARE VALLEY CENTER MANAGER: Cassandra Bailey (757) 710-5932 [cassandra@esaacaa.org](mailto:cassandra@esaacaa.org)  
 HARE VALLEY CENTER DRIVER: LaWayne Ames (757) 710-3468 (Cell)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10-11 Facts on Current Events	10-11 Devotion/Morning Stretch 11:30-12 Lunch 12-1 Arts & Crafts	<b>JEWELRY SALE ALL DAY 10 AM TO 2PM</b>	10-11 Devotion/Morning Stretch 11:30-12 Lunch 12-1 Memory Game	11-12 Talk/ How Much Can You Remember?
10	11	12	13	14
10-11 Bingocize	10-11 Devotion/Morning Stretch 11:30-12 Lunch 12-1 Rural Health	10-12 Focus Group on Weather/Flooding 11:30-12 Lunch 12-1 Facts on Black Inventors	10-11 Devotion/Morning Stretch 11:30-12 Lunch 12-1 BINGO  10-2 Legal Aid with Janice Langley	11-12 Trivia with Denise
17	18	19	20	21
CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED
24	25	26	27	28
10-11 Virtual Solitaire	10-11 Devotion/Morning Stretch 11:30-12 Lunch 12-1 Let's Talk /Senior Meeting	10-11 Devotion/Morning Stretch 11:30-12 Lunch 12-1 Line Dancing/with Alvin & Jennie	10-11 Devotion/Morning Stretch 11:30-12 Lunch 12-1 March Birthdays Celebration	11-12 Memory Game
For All Zoom activities Dial 301-715-8592 Meeting ID: 883 3485 3690# Passcode: 807763# Or Key in the meetingId and passcode without the #				“We must accept finite disappointment, but never lose infinite hope.”  Dr. Martin Luther King

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ESAAA/CAA CENTER MANAGER: Hallwood Site - Denise Godwin (757)710-0038 (Cell) [dgodwin@esaacaa.org](mailto:dgodwin@esaacaa.org)

CENTER DRIVER: Richard Bagwell

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Virtual or Call In</b> <b>Dial 1 (301)715-8592</b> <b>Meeting ID: 833 3485 3690</b> <b>Pass code: 807763</b>			<b>COLORECTAL CANCER</b>  <b>AWARENESS</b>  <b>MONTH</b>	
<b>3</b> VIRTUAL 11:00 Health Talk / Food Facts	<b>4</b> 10:00 Current Events/ Exercise <b>11:00 Decorating/ Walls</b>  12-1 Lunch & Brain Stimulation or Bingocize	<b>5</b> 10:00 Current Events/ Exercise <b>11:00 Brain Stimulations/ Group Worksheet</b>  12-1 Lunch & Whiteboard Games	<b>6</b> 10:00 Current Events/ Exercise <b>11:00 GAME STATIONS</b>  12-1 Lunch & Whiteboard Games	<b>7</b> VIRTUAL 11:00 Jeopardy
<b>10</b> VIRTUAL 11:00 Health Talk/ Diabetes	<b>11</b> 10:00 Current Events/ Exercise <b>10:30 Focus Group on Weather/ Lincoln Lewis</b>  12-1 Lunch & Trivia	<b>12</b> 10:00 Current Events/ Exercise <b>10:30 Funeral Advantage/Ms.Lenora Marshall Caregiver Assistance News &amp; Discussion Blood Pressure Clinic w/ Joan Wilson, RN and Colorectal Cancer Awareness</b>	<b>13</b> 10:00 Current Events / Exercise <b>10:30 E.S. Rural Health / Pharmacy</b>  12-1 Lunch & Group Games	<b>14</b> VIRTUAL 11:00 Brain Stimulation/ Healthy Facts

		12-1 Lunch & Word Building		
<b>17</b> ----- -	<b>18</b>  CENTER	<b>19</b> -----	20  CLOSED	-----
<b>24</b> VIRTUAL  11:00 Health Talk / Liver Awareness	<b>25</b> 10:00 Current Events/ Exercise <b>10:30 Creative Art /Spring Wreath</b> 12:00 Lunch & Group Games	<b>26</b> 10:00 Current Events/ Exercise <b>10:30 BINGO</b> 12-1 Lunch & Group Games	<b>27</b> LOCAL SHOPPING  12:30 LUNCH @ SAGE	<b>28</b> VIRTUAL  11:00 Group Discussion/ Forgiveness