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***Lamar County Active Life Senior Center  
106 Veterans Drive Barnesville, GA 30204***

***Tele:770-358-5361***

***Antoinette Watts—Director***

***Amanda Kilchriss- Site Manager***

# MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Walking 10:00 Yoga 11:00 B. Bean	2 9:00 Crafts 10:00 Exercise 11:00 P. Pitch	3 9:00 Bingo 10:00 Yoga 11:00 Jewelry	4
5	6 9:00 Bingo 10:00 Yoga Table Games	7 9:00 Crafts 10:00 Exercise 11:00 B. Bean	8 9:00 Bingo 10:00 Yoga 11:00 P. Pong	9 9:00 Crafts 10:00 Exercise 11:00 P. Pitch	10 St. Patrick's Day Fun	11
12	13 Game Day	14 9:00 Crafts 10:00 Exercise 11:00 Billiards	15 9:00 Walking 10:00 Yoga 11:00 Billiards	16 9:00 Crafts 10:00 Exercise 11:00 P. Pitch	17 Trip	18
19	20 9:00 Bingo 10:00 Yoga Table Games	21 Offsite	22 9:00 Bingo 10:00 Yoga 11:00 P. Pong	23 9:00 Crafts 10:00 Exercise 11:00 P. Pitch	24 9:00 Bingo 10:00 Yoga 11:00 Jewelry	25
26	27 9:00 Bingo 10:00 Yoga Table Games	28 Movies & Popcorn	29 9:00 Walking 10:00 Yoga 11:00 Billiards	30 9:00 Crafts 10:00 Exercise 11:00 P. Pitch	31 9:00 Bingo 10:00 Yoga 11:00 Jewelry	

**Dates to Remember**

**2nd- HDTC Trip**

**3rd- Lunch at Gordon**

**10th- St. Patrick's Day Fun**

**10th- Birthday Celebration**

**14th- HDTC Meeting**

**15th- Fire Safety with Fire  
Chief Douglas Matthews**

**16th- Crafts with Gina**

**17th- Flint River Aquarium  
Trip**

**21st- Fun at Pike**

**22nd- Joy Club Meeting**

**24th- Nutrition Education  
with Maureen**

- **Joy Club Trip to be  
Announced later\***

**Potluck Bingo is  
back March  
23rd**

**5PM-7PM**

**Theme:  
Finger Foods**

The Health Department  
will have a pop up health  
fair March 25th

9AM-12PM at the E.P  
Roberts Center

**Join us for some St.  
Patrick's Day fun  
March 10th 10-12**



Name \_\_\_\_\_

# Celebrate Women's History Month



T K Y E N A T Z N X N R Q D G G R E W Y  
V E W M W O R S V F O W Z B G G N G K L  
D V X U T D U E W F J B J P Z H A A W R  
Z V D V S H B L B B T A Y F U D G R Z K  
Q B A J W F E J V Q G G C C H A B F P J  
Y I M F Z R P Y N E M O W T Z Q R F M N  
Q D J S I A T B L X F A Q T I C X U G L  
R O A N O I T U T I T S N O C V I S J W  
E A R L L P O L I T I C S R A D I L B I  
B P B A T V A J E S Y Y J I P H F S W I  
U Z U E X S R L J T F F O G A Z F S T V  
M Q F C P H R O X C K Q R H T U U S O L  
E H R X M P S I E W I H K T R P L T M D  
P U Q F R P C H F N I S J S L Z I H B K  
J S L Q X Q J B F G C P T J V N B N W Z  
W M C H L T U H O F C G C Q G B B Y O Z  
M I V K U A F C J H G M Y U M B Q P S M  
N Z S H N S G P J L Y J R N V O U R C U  
H S S C C H V E V L Z M C P V A L T A Y  
J Z I Z N B B I E N R P C R S J N J V O

*SUFFRAGE  
RIGHTS  
EQUALITY*

*POLITICS  
FIRST LADY  
VOTING*

*CONSTITUTION  
ACTIVIST  
WOMEN*



Name \_\_\_\_\_

Date \_\_\_\_\_



# St. Patrick's Day Word Search



c	p	z	k	s	j	e	j	m	p	c	f	e	l	i
a	z	i	l	u	c	k	l	e	m	e	r	a	l	d
b	n	g	n	t	o	p	h	a	t	z	y	t	m	r
b	k	o	r	c	r	s	s	z	l	l	o	v	s	a
a	l	l	t	e	h	a	w	l	j	e	z	i	e	i
g	w	d	f	u	e	i	h	b	r	p	i	i	v	n
e	v	u	s	t	v	n	o	s	k	r	r	s	e	b
u	t	c	h	c	c	t	r	a	z	e	e	f	n	o
d	c	a	a	u	d	p	s	d	c	c	l	r	t	w
c	o	q	m	q	u	a	e	i	h	h	a	a	e	y
e	r	d	r	t	r	t	s	e	a	a	n	u	e	g
l	n	a	o	a	c	r	h	d	r	u	d	d	n	i
t	b	n	c	n	l	i	o	e	m	n	a	h	t	r
i	e	c	k	z	o	c	e	k	t	r	c	e	h	i
c	e	e	u	t	v	k	z	o	a	r	b	x	s	s
b	f	p	o	l	e	w	o	p	a	l	a	v	u	h
p	j	p	v	q	r	c	g	m	x	k	i	s	s	m



cabbage  
celtic  
charm  
clover  
corn beef  
dance

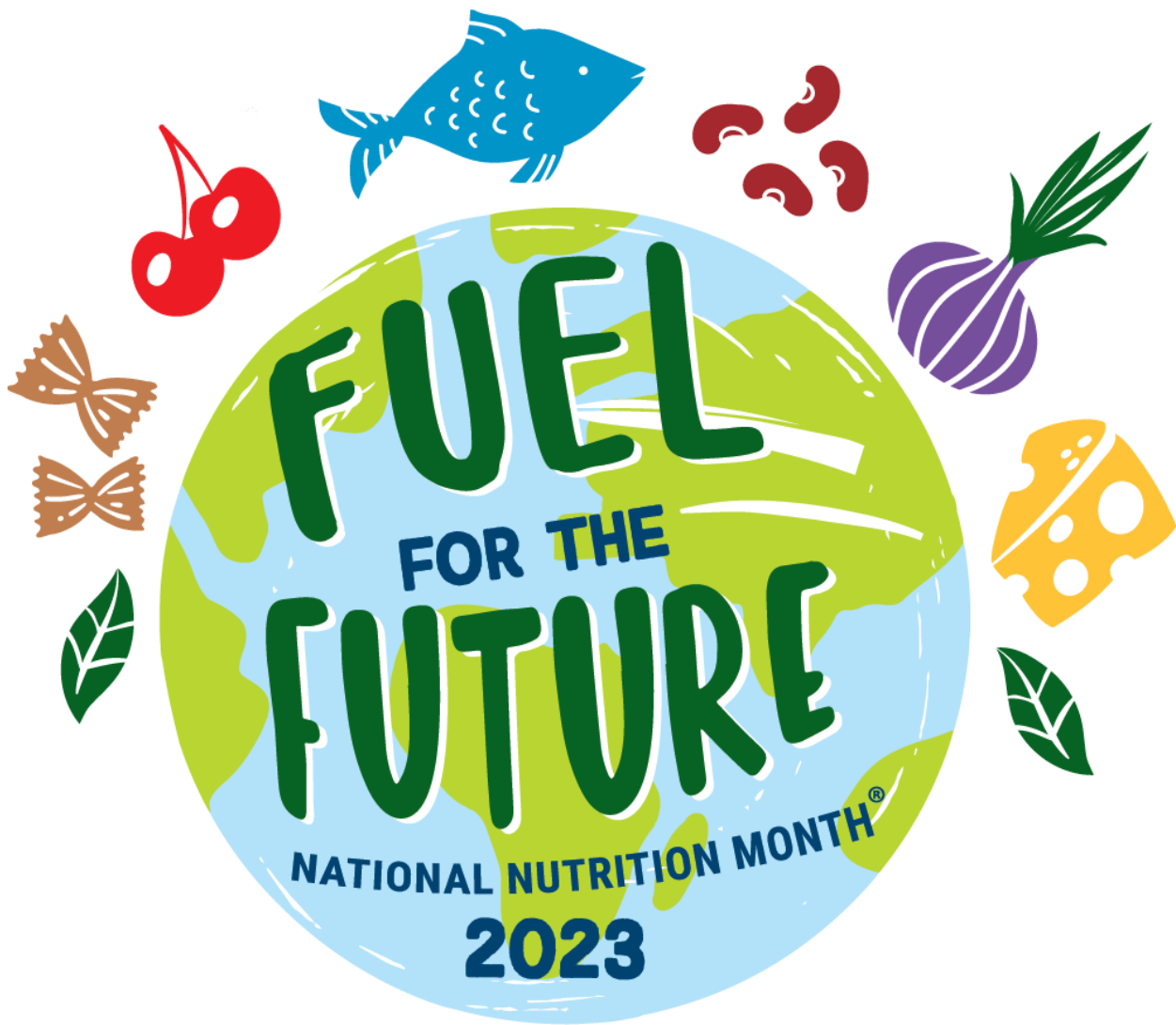
emerald  
gold  
green  
horseshoe  
Ireland  
Irish

kiss  
leprechaun  
luck  
March  
parade  
pinch

pot  
rainbow  
Saint Patrick  
seventeenth  
shamrock  
top hat







**Eat with the environment in mind.**

- **Enjoy more plant-based meals and snacks.**
- **Purchase foods with minimal packaging.**
- **Buy foods in season and shop locally when possible.**
- **Start a container or backyard garden to grow food at home.**



### **DID YOU KNOW**

x week can reduce your risk for coronary heart disease by about . And your risk may reduce even more when you increase the duration or distance you walk per day.

**Thank you to everyone who came out and supported the following programs last month**

**Superbowl Party**

**Black History Program**

**Mardi Gras Celebration**