

# The Lodge March Schedule of Events

**WEEKLY ACTIVITIES** All adults are welcome to participate in these scheduled Lodge activities. There is no fee. For more information call 952-448-2023.

- **EVERY MONDAY:** **Blood Pressure Check** 9:30-10:30 a.m.  
**Bingo** 1:00-3:00 p.m.
- **EVERY TUESDAY:** **Bridge** 1:30-3:30 p.m.  
**Bingo** 5:30-7:30 p.m.  
**Strength Coaching** 1:30 p.m.
- **EVERY WEDNESDAY:** **Cards** (500, Hand/Foot, Euchre) 1:00-3:30 p.m.
- **EVERY THURSDAY:** **Pool/Billiards League** 5:30 p.m.
- **EVERY FRIDAY:** **Games** (Scrabble, Cribbage, Chess, Uno) 9:30-11:30 a.m.

**FREE MONTHLY ACTIVITIES** All adults are welcome. Questions? Call 952-448-2023

- **Birthdays Celebrations**—The second Thursday at 10:30 a.m. (March 11)
- **Movie Matinee**—The third Friday at 1:00 p.m. (March 19 - "Grumpy Old Men")
- **Monthly Book Discussion**—The second Friday 12:15-1:30 p.m. (March 12- Last Report on the Miracles at Little No Horse by Louise Erdrich)
- **Cribbage Tournament Days**—The second and fourth Thursday 1:00 –3:00 p.m. (March 11 and 25)
- **Current Events Discussion Group**—The first and third Thursday of the month at 10:00 a.m. (March 4- Wills, Trusts, and Probate with Luke Melchart and March 18)
- **Duplicate Bridge Lessons with Judy**— The fourth Friday of the month 12:30-3:30 pm (March 26)
- **Watercolor Club**— The last Tuesday of the month 10:00-11:30 am (March 30)

**MONTHLY ACTIVITIES** All adults are welcome. These activities require a small fee.

- **Bag Lunch Bingo**—Lunch 11:30 a.m. \$3.00 Member, \$3.50 Non-member; Bingo-Noon, FREE to all. Registration and payment due 2 days in advance to reserve your lunch. (March 31)

## **SPECIAL EVENTS**

**Monday, March 15– Blood Pressure Seminar** Come learn about foods to eat and those to avoid to lower blood pressure. Learn how to eat healthier when at a restaurant or in your own home! This class will provide you with skills to make healthier choices when out to eat, select healthier foods at the grocery store, and prepare heart healthy foods at home. FREE, 9:30 am Presented by Nicole Williams, RN

**Wednesday, March 17- St. Patrick's Day Lunch and Party** 'Tis a Great day for the Irish! This special day will start with a Mass at Guardian Angels Church. The traditional meal of corned beef, cabbage, potato and beverage will be offered with a program in The Lodge at the CCC. The meal will be served at noon. Lucky door prizes and Irish trivia will be part of the festivities. Limited seating so don't delay. **Registration and payment deadline is Thursday, March 11.** \$7 per person, 12:00 pm

**Monday, March 22– AOA Golf League Meeting** New and exciting things are being planned for the 2010 Chaska Par 30 Men's and Women's Senior Citizen Golf League. League organizers will be hosting a season starting kick-off at the Lodge with snacks and refreshments being served. Come find out more about this great league! FREE, 10:00 am

**Wednesday, March 24, AOA Fitness Assessments** Get a baseline measurement of your fitness level! The assessment will provide feedback on activities for daily living through related fitness components: Cardiovascular endurance, muscular strength, flexibility, power, agility and balance. Your assessment can be compared to peer population performance and we can help set plans to improve these measurements. Get measured, get started, have fun! Sign-up at The Lodge. FREE, 10:00 am– 1:00pm

For more information about any of these events please call: 952-448-2023  
or visit [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com)