

Silver Springs Senior Center



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March 2026

Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Fernley Shopping Trip Sign-Up Required	4 Sit & Sew 2:00—4:00	5 Optum Health-Medicine on the Move (Parking Lot)	6
9	10 Fernley Shopping Trip Sign-Up Required	11 Sit & Sew 2:00—4:00	12	13 Find Missing Money Sign-Up
16	17	18 Sit & Sew 2:00—4:00	19	20
23 POW (Produce On Wheels) 11:30—12:30 (parking lot)	24	25 Sit & Sew 2:00—4:00	26 **NEW** Healthy Steps for Older Adults 9:30am-3pm (break for lunch 11:30-12:30) Lahontan Room VIRTUAL: Diabetes Self-Management Program Thursdays, 3/26-5/27/26 12-12:30pm	27
30	31		**Register for 3/26 classes online: https://bit.ly/Sanford-Spring26Lyon OR call the Senior Center for assistance	