


Monday		Tuesday		Wednesday		Thursday		Friday		
<h1>March 2024</h1> 						Available every day: 8:30 AM—4:15 PM Billiards Ping Pong		Walking Group/Piano Lessons 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Foot Care—By Appointment		
Walking Group 9:00 AM Ceramics 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	04	Wood Shop 9:00 AM Beginner Line Dancing 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Red Hats 1:00 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	05	Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM ECHN Diabetes March Session 10:00 AM Strength & Flex 10:00/11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	06	Samba/Short Story 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Zumba Gold 2:30 PM	07	Walking Group/Piano Lessons 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM	08	
Walking Group 9:00 AM Ceramics 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	11	Wood Shop 9:00 AM Beginner Line Dancing 10:00 AM Therapy Dogs 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Movie: Mamma Mia 2 1:00 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	12	Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	13	Samba/Short Story 9:00 AM Scrabble 9:30 AM Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM St. Patrick's Day Lunch 11:30 AM Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Hiking Group 1:00 PM Zumba Gold 2:30 PM	14	Walking Group/Piano Lessons 9:00 AM Coffee with a Cop 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Foot Care—By Appointment	15	
Walking Group 9:00 AM Ceramics 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	18	Wood Shop 9:00 AM Paint Class 9:30 AM Beginner Line Dancing 10:00 AM Book Group 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	19	Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Drug Take Back 10:30 AM Newcomer's Meeting 11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	20	Samba/Short Story 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Zumba Gold 2:30 PM File of Life—By Appointment	21	Walking Group/Piano Lessons 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Podiatry—By Appointment	22	
AARP Safe Driver Course 8:45 AM Walking Group 9:00 AM Ceramics 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	25	Wood Shop 9:00 AM Beginner Line Dancing 10:00 AM Therapy Dogs 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	26	Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Birthday Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	27	Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Cornhole 11:00 AM Lunch 12:00 PM Dup. Bridge/Square Dancing 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Hiking Group 1:00 PM Zumba Gold 2:30 PM	28	<h2>Senior Center Closed</h2> <h2>Good Friday</h2>		29