

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>MARCH 2025</i>				Available every day: 8:30 AM—4:15 PM Billiards Dominoes

Walking Group 9:00 AM Ceramics 9:30 AM Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 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	03	Senior Advisory Committee Senior Circle 10:00 AM Chess Club 10:00 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 Red Hats 1:00 PM Water & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	04	Friendship Circle 8:30 AM Walking Group 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 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	05	Samba 9:00 AM Exploring Memoir 9:00 AM Scrabble 9:30 AM Senior Circle 10:00 AM Cardio Drumming 10:00 AM Writing to Explore Poetry 10:30 AM Lunch 12:00 PM Square Dancing 12:30 PM Duplicate Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM	06	Walking Group 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	07
Walking Group 9:00 AM Ceramics 9:30 AM Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 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	10	Senior Circle 10:00 AM Chess Club 10:00 AM Beginner Line Dancing 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Movie: About Time 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	11	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Medication Take Back 10:30 AM Lunch 12:00 PM Body Sculpt 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	12	Diabetes Awareness 9:00 AM Samba 9:00 AM Exploring Memoir 9:00 AM Scrabble 9:30 AM Senior Circle 10:00 AM Cardio Drumming 10:00 AM Writing to Explore Poetry 10:30 AM Lunch 12:00 PM Square Dancing 12:30 PM Duplicate Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Hiking 1:00 PM Zumba Gold 2:30 PM	13	Walking Group 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	14
AARP Smart Driver Course 8:45 AM Walking Group 9:00 AM Ceramics 9:30 AM Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM St. Patrick's Day Lunch 11:30 AM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	17	Senior Circle 10:00 AM Chess Club 10:00 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	18	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Newcomer's Meeting 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	19	Samba 9:00 AM Exploring Memoir 9:00 AM Scrabble 9:30 AM Senior Circle 10:00 AM Cardio Drumming 10:00 AM Writing to Explore Poetry 10:30 AM RSV Health Talk 11:00 AM Lunch 12:00 PM Square Dancing 12:30 PM Duplicate Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM File of Life—By Appointment	20	Walking Group 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	21
Walking Group 9:00 AM Ceramics 9:30 AM Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 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	24	Paint Program 9:30 AM Senior Circle 10:00 AM Chess Club 10:00 AM Beginner Line Dancing 10:00 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	25	Friendship Circle 8:30 AM Walking Group 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 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	26	Samba 9:00 AM Exploring Memoir 9:00 AM Scrabble 9:30 AM Senior Circle 10:00 AM Cardio Drumming 10:00 AM Writing to Explore Poetry 10:30 AM Lunch 12:00 PM Square Dancing 12:30 PM Duplicate Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Hiking 1:00 PM Zumba Gold 2:30 PM	27	Walking Group 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	28