March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

FRIDAY 1

9-9:45	Total Conditioning*
10-10:45	Belly Dance Basic*
10-11a	Yoga for You*
1012p	Eng 4 Makeup*
11:15-12	Easy Feet*
	Chi Gong*
12:15-1	On Your Feet*
	Chi Gong*
1-2p	Table Tennis Adv*
1:15-2:15	Arthritis Foundation*
	National Museum of the American Indian Trip

SATURDAY 2

10-11a	Functional Training*

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9-9:45	Total Conditioning*
10-10:50	Easy Zumba*
	Tai Chi*
10-12p	Microsoft Excel*
	Eng. A*
	Eng 1*
	Eng. 4*
	Watercolor Adv*
10:30-11:30	Be Creative*
11-12p	Chair Exercise*
	Caribbean Dance Basic*
12-1p	Memory Café*
12:10-12:50	Forever Fit*
12:30-2	Spanish Cont.*
12:45-2:45	Piecemakers Club*
1-1:45	Yo-Chi & Balance*
1-2p	Stress Reduction*
	Table Tennis Beg*
1-3p	Windows 7 Laptop*
1:30-3	Senior Fit
3:15-4:30	RoGue Tennis*
2-2:45	Drums Alive*
5-6p	Zumba Gold*
6:30-7:30	Yoga Flow*

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9-9:45	Strength Training*
10-10:50	Forever Fit*
10-12p	Watercolor Beg*
	Eng 2*
	Eng. 3*
	Using Thumb Drive*
10:30-11:20	Piano Adv*
10:30-12	History of Opera*
11-12p	Aerobic Workout*
11:30-12:20	Piano Adv*
12:15-12:45	Walking Strong*
12:30-2	Spanish Basic*
1-2p	Arthritis Foundation*
1-2:30	Managing Stress*
	English Conversation*
	Villages 101-Offsite*
1-3p	Microsoft Word*
	Watercolor Int.*
	Bridge II*
	Irish Cooking*
2-2:50	Handbells*
2:15-3	Hot Zumba Moves*
3-4p	Carnation Players*
3:15-4:15	Afternoon Yoga Flow*
5-5:45	Abs & Back*
6:30-7:30	Soul Line Dance*

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8:45-9:30	Yoga-lates on the ball*
9:50-10:50	Yoga for You*
10-10:50	Easy Zumba*
10-12p	Microsoft Excel*
	Eng. A*
	Eng 1*
	Eng. 4*
11-12p	Chair Exercise*
12:10-12:50	Balance Matters*
12:30-2	Spanish Cont.*
1-2p	Table Tennis Int. *
1-3p	Windows 7 Laptop*
	English 4 Makeup*
1:15-2	On Your Feet*
1:30-3	Birthday Party*
	Senior Fit @ Lincoln Park
2-3p	Transitions & Options*
2:15-3:15	Aerobic Workout*
5-6p	Triple Challenge*

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9-9:45	Strength Training*
10-10:50	Forever Fit*
	Tai Chi*
10-12p	Watercolor Adv*
	PC New Users*
	Eng 2*
	Eng. 3*
10:30-12	Organizing Your Digital Photos*
11-11:45	Pilates Basics*
11-12p	Aerobic Workout*
12:15-12:45	Walking Strong*
12:30-2	Spanish Basic*
1-2p	Arthritis Foundation*
1-2:30	Women Living Alone*
	Microsoft Word*
1-3p	Watercolor Int*
	Movie: A Star is Born
2:15-3	Pilates Int.*
3:15-4:15	Afternoon Yoga Flow*
6:30-7:30	Soul Line Dance*

FRIDAY 8

9-9:45	Total Conditioning*
10-10:45	Belly Dance Basic*
10-11a	Yoga for You*
10-12p	English 4 Makeup*
	English 1 Makep*
11:15-12	Easy Feet*
	Chi Gong*
12:15-1	On Your Feet*
	Chi Gong*
1-2p	Tennis Table Adv.
1-3p	Movie: A Star is Born
1:15-2:15	Arthritis Foundation*

SATURDAY 9

10-11a	Functional Training*

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9-9:45	Total Conditioning*
10-10:50	Easy Zumba*
	Tai Chi*
10-12p	Eng. A*
	Eng 1*
	Eng. 4*
10-12p	Microsoft Excel*
10:15-11:15	Women's History*
11-12p	Chair Exercise*
	Caribbean Dance Basic*
12:10-12:50	Forever Fit*
12:30-2	Spanish Basic*
12:45-2:45	Piecemakers Club*
1-1:45	Yo-Chi & Balance*
1-2p	Stress Reduction*
	Table Tennis Beg*
1-3p	Android Tablet Basic*
1:30-3	Senior Fit
2-2:45	Drums Alive*
3:15-4:30	RoGue Tennis*
5-6p	Zumba Gold*
6:30-7:30	Yoga Flow*

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9-9:45	Strength Training*
10-10:50	Forever Fit*
10-12p	Eng 2*
	Eng. 3*
	Avoiding PC Scams*
10:30a	Trip Lottery
11-12p	Aerobic Workout*
12:15-12:45	Walking Strong*
1-2p	Arthritis Foundation*
	Safeguards against Spam*
	Science Tuesdays*
1-2:30	Eng. Conversations*
	Brain Games*
1-3p	Microsoft Word*
2:15-3	Hot Zumba Moves*
3-4p	Carnation Players*
3:15-4:15	Afternoon Yoga Flow*
5-7p	Supper Club*
6:30-7:30	Soul Line Dance*

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8:45-9:30	Yoga-lates on the ball*
9:50-10:50	Yoga for You*
10-10:50	Easy Zumba*
10-12p	Eng. A*
	Eng 1*
	Eng. 4*
	Microsoft Excel*
11-12p	Chair Exercise*
11:15-12	Easy Feet*
12:10-12:50	Balance Matters*
1-3p	Android Tablet Basic*
1:30-3	Senior Fit
1:15-2	On Your Feet*
2:15-3:15	Aerobic Workout*
5-6p	Triple Challenge*

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9-9:45	Strength Training*
10-10:50	Tai Chi*
	Forever Fit*
10-12p	Eng 2*
	Eng. 3*
	Phone Pics to PC*
	Eng 2*
	Eng. 3*
11-11:45	Pilates Basics*
11-12p	Aerobic Workout*
1-2p	Arthritis Foundation*
1-2:30	Emergency Training/ First Aid*
	Caring for Others*
1-3p	Tablet Pics to PC*
1:30-3	Zumba Party*
2:15-3	Pilates Int.*
6:30-7:30	Soul Line Dance*
	Gourmands Go Irish Trip*

FRIDAY 15

9-9:45	Total Conditioning*
10-10:45	Belly Dance Basic*
11:15-12	Easy Feet*
	Chi Gong*
12:15-1	On Your Feet*
	Chi Gong*
1:15-2:15	Arthritis Foundation*

SATURDAY 16

9-11a	St Patrick Pancake Breakfast*

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9-9:45	Total Conditioning*
10-10:50	Easy Zumba*
10-12p	Microsoft Excel II*
11-12a	Caribbean Dance Basic*
	Chair Exercise*
12-1p	Memory Café*
12:10-12:50	Forever Fit*
1-1:45	Yo-Chi & Balance*
1-2p	Stress Reduction*
1-3p	Maintain Your Computer*
2-2:45	Drums Alive*
5-6p	Zumba Gold*
6:30-7:30	Yoga Flow*

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10-12p	Powerpoint*
	Managing Stress*
1-3p	PC Infections*
2p	RSI Mtg.
1-2:30	Managing Stress*
2:15-3	Hot Zumba Moves*
3-4p	Carnation Players*

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8:45-9:30	Yoga-lates on the ball*
10-10:50	Easy Zumba*
10-12p	Eng. A*
	Eng 1*
	Eng. 4*
	Microsoft Excel II*
10:30-12	Police Academy*
11-12p	Chair Exercise*
11:15-12	Easy Feet*
12:10-12:50	Balance Matters*
1-2:30	Leaving your Legacy*
1-3p	Maintain Your Computer*
1:15-2	On Your Feet*
1:30-3	Senior Fit
2:15-3:15	Aerobic Workout*
5-6p	Triple Challenge*

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8:30a	Sr. Commission Mtg.
10-12p	Powerpoint*
11-1p	YIH Mtg.*
1-2:30	Women Living Alone*
1-3p	Gmail Basics*
	Movie: Green Book

FRIDAY 22

1-3p	Movie: Green Book

SATURDAY 23

Drop In Programs

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9-9:45	Total Conditioning*
10-10:50	Easy Zumba*
10-12p	Microsoft Excel II*
	English A*
11-12a	Caribbean Dance Basic*
	Chair Exercise*
12:10-12:50	Forever Fit*
1-1:45	Yo-Chi & Balance*
1-2p	Stress Reduction*
1-3p	Using Function Keys*
1:30-3	Senior Fit
2-2:45	Drums Alive*
5-6p	Zumba Gold*
6:30-7:30	Yoga Flow*

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10-10:50	Tai Chi*
10-12p	Powerpoint*
	Watercolor*
10:30-11:20	Beg. Piano*
11:30-12:20	Adv. Piano*
1-2:30	Bridge Beg. III*
	Brain Games*
1-3p	Yahoo Email Basic*
	Watercolor*
2-2:50	Handbells*
3-4p	Carnation Players*

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10am	Duffers Mtg.
10-10:50	Easy Zumba*
10-12p	Microsoft Excel II*
	English A*
10:30-12	Police Academy*
1-3p	Using Function Keys*
1:30-2:30	Guitar*
1:30-3	Senior Fit
2-3p	How To Stay in Your Home*
	Red Hat Trip*

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10-10:50	Tai Chi*
10-11a	Book Club*
10-12p	PC Voice
	Watercolor*
10:30-11:30	Sentirse inutil
10:30-12:30	Painting on Glass*
1-2p	Caring for the Caregiver*
1-2:30	Caring for Others*
1-3p	Save & Find Documents*
	Watercolor*

***=Registration Required**

All Drop In Programs are for Senior Center Members Only

On-Going Programs:

MONDAYS:

Senior Tax Assistance
Feb. 4-April 15
240-777-2577

TUESDAYS:

- Helping Hands Knitting: 1-3p
- Pinochle Pursuit: 1-3:30p

WEDNESDAYS:

- Gift Shop Crafts 10a-12p
- Drop in Bridge: 1p
- Bingo 7p

FRIDAYS:

- Chinese Lunch: 10-2
- Drop in Chess: 10-12
- Practice Lab for Beg: 10:30-12
- Drop in Knockout Poker: 1-3
- Drop in Bridge: 1:30-3

MONDAY-FRIDAY:

Fitness Club:
M-Th: 7a-8p & Fri. 7a-7p

- Hispanic Activities: 10-12p
- Blood Pressure:10-12
- Bocce Ball: T,TH, Sat., 10-11a
- Lunch Served Daily M-F: Noon

Call 240-314-8810