

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) <b>10:30 Watercolor Art</b> 12:30 Lunch <b>1:00 Movie-My Italian Secret</b> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p><b>4</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) <b>9-12 AARP Tax</b> 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p><b>5</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone <b>11:00 Aging with Style</b> 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg</p>	<p><b>6</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (last session)  <b>Pegasus Theatre Project</b></p>	<p><b>7</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease <b>1:00 Bingo Trip</b></p> 
<p><b>10</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) <b>1:00 Movie-Dough</b> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>  <p><b>Passover Begins</b></p>	<p><b>11</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) <b>9-12 AARP Tax</b> 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p><b>12</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg <b>1:30 &amp; 2:45 S.H.I.P</b></p>	<p><b>13</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (new session)</p>	<p><b>14</b></p> <p><b>Senior Center Closed</b></p> <p><b>Good Friday</b></p> 
<p><b>17</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) <b>10:30 Watercolor Art</b> 12:30 Lunch <b>1:00 Movie-Breaking Away</b> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p><b>18</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) <b>9-12 AARP Tax</b> 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework <b>10:30 Mediation Class</b> 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (last session)</p>	<p><b>19</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg</p>	<p><b>20</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch <b>12:30 Colorful Creations</b> 1:00 Investment Group 2:00-2:45 Balance Class 3:00-3:45 Zumba</p>	<p><b>21</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg <b>10:00 AARP Safe Driving</b> 10:15 Strength Tr. 11:30 Chair Exercise <b>*12:00 B/P Screening</b> 12:30 Lunch 12:30 Delay the Disease</p>
<p><b>24</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) <b>11:00 Volunteer Brunch</b> <b>1:00 Movie-Singin' in the Rain</b> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p><b>25</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (new session) <b>2:00 Talking About Books</b></p>	<p><b>26</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone <b>11:00 Journey Back: Stroke Rehabilitation</b> 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg</p>	<p><b>27</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 1:00-2:45 Balance Class 3:00-3:45 Zumba</p>	<p><b>28</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease <b>2:00 Music Apprec.</b></p>
				<p><b>*Blood Pressure will now be offered only ONCE a month on The Third Friday of each</b></p>