

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> <p>Ash Wednesday</p>	<p>2 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 3:00-3:45 Zumba</p>	<p>3 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 12:00 B/P Screening 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p> 
<p>6 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Watercolor Art 12:30 Lunch 1:00 Movie- Sully 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p>7 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9-12 AARP Tax 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish Meet & Greet 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge</p>	<p>8 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:00 Body Alignment Screening 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg 1:30 & 2:45 S.H.I.P</p>	<p>9 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</p>	<p>10 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 1:00 Bingo</p> 
<p>13 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:00 Osteoporosis Screening 11:00 Art Historian Presentation 12:30 Lunch 1:00 Movie-At Middleton 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p>14 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9-12 AARP Tax 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg <i>10:00 Spanish Class</i> 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (new session)</p>	<p>15 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>16 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 12:30 Colorful Creations 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p>17 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 12:00 B/P Screening 12:30 Lunch 12:30 Delay the Disease 1:00 Opera</p> 
<p>20 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 WW Retiree Group 10:30 Cardiologist 1:00 Movie-The Visitor 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>  <p>First Day of Spring</p>	<p>21 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9-12 AARP Tax 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework <i>10:00 Spanish Class</i> 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p>22 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 11:00 Unclaimed Property 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>23 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 11:00 Civil War Presentation 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (last session) 3:00-3:45 Zumba</p>	<p>24 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 1:00 Bingo</p> 
<p>27 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2mle) 10:30 Watercolor Art 1:00 Movie-How to Marry a Millionaire 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p>28 8:30-9:15 Strength Tr. 8:30 Walking (3mile) 9-12 AARP Tax 9:15 Walking (2mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework <i>10:00 Spanish Class</i> 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic 2:00 Talking About Books</p>	<p>29 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>30 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 (new Session) 3:00-3:45 Zumba</p>	<p>31 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 2:00 CPR Class</p>