## **MARCH 2025**

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
:15 Form & Function-	4 8:30 Walking	5 8:15 Walking	6 8:30 Total Body Toning - Kelly	7 8:15 Walking
elly (activity room) 0:15 Yoga – Kelly	(activity room) 9:00-2:00 AARP TAX Service	(double classroom) 9:15 Form & Function - Kelly	(activity room) 9:30 Yoga - Ria	(double classroom) 8:30 Strength - Lisa
activity room)	(double classroom) 9:00 Glucose Screening	(activity room)  10:00 Balance - Anna ZOOM	(activity room)  10:00 Art of Watercolor -	(activity room) 9:30 Chinese Hour - Sylvia
dakia (double classroom)	9:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$	11:00 Chair Yoga - Ria	Margaret (double classroom) \$\$\$	(double classroom)
l:30 Strength - Kelly activity room)	09:30 Yoga-Ria (activity room)	(activity room) 11:45 Duplicate Bridge	11:00 Cardio -Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
00 - 3:00 ession 4 - H.O.P.E.	10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$	(double classroom) 2:50 International Ballroom	1:00 Investment Group (double classroom)	10:45 Bollywood Dance (activity room)
ibrary) 30 Drawing with Illigraphy-Margaret	11:30 Chair, Stretch & Tone - Lisa (activity room)			11:00 Strength - Anna ZOOM
double classroom) \$\$\$	1:00 Adult/Child CPR Class (activity room)			
	2:00 Infant CPR Class (activity room)			
15 Farm 0 Franction	11	12	13	14
:15 Form & Function- elly (activity room)	8:30 Strength- Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
0:15 Yoga – Kelly activity room)	9:00-2:00 AARP TAX Service (double classroom)	9:15 Form & Function - Vin (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
1:00 Art of Oil Painting Cakia (double classroom)	9:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$	10:00 Colon Health Lecture (library)	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
.:30 Strength - Ed activity room)	09:30 Yoga-Ria (activity room)	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	11:00 Cardio - Linda (activity room)	09:30 Tai Chi -Hsueh (activity room)
00 Senior Tax Freeze rogram (activity room)	10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$	(activity room)  11:45 Duplicate Bridge	1:00 Investment Group (double classroom)	10:45 Bollywood Dance (activity room)
00 - 3:00 ession 5 - H.O.P.E.	11:30 Chair, Stretch & Tone -Lisa (activity room) 1:00 Transportation options	(double classroom)  1:00 Strength- Vin	1:00 Zumba - Vin (activity room) \$\$\$	11:00 Strength - Anna ZOOM
library) :30 Drawing with	for Seniors	(activity room) 2:50 International Ballroom	(activity 100m) \$\$\$	
alligraphy-Margaret double classroom) \$\$\$ 7	18	19	20	21
/ :15 Form & Function-	8:30 Strength-Kelly	8:15 Walking	8:30 Total Body Toning- Vin	8:15 Walking
elly (activity room) 0:15 Yoga – Kelly	(activity room) 9:00-2:00 AARP TAX Service	(double classroom) 9:15 Form & Function - Kelly	(activity room)	(double classroom)
ctivity room) :00 Art of Oil Painting	(double classroom)  09:30 Yoga- Ria	(activity room) SHIP Counselor	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
cakia (double classroom)	(activity room)  9:00 Spanish 1 - Nelida	9:30, 10:45, 12:00 10:00 Balance -Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
::30 Strength - Ed activity room)	(library / ZOOM) \$\$\$  10:00 Spanish 2 - Nelida	11:00 Chair Yoga - Ed	11:00 Cardio - Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
00 - 3:00 ession 6 - H.O.P.E.	(library/ ZOOM) \$\$\$  11:30 Chair, Stretch & Tone-	(activity room)  11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dance (activity room)
Library) 30 Drawing with	Lisa (activity room)  1:00 Bingo	1:00 Strength- Vin (activity room)	1:00 Zumba - Vin (activity room) \$\$\$	11:00 Strength - Anna ZOOM
alligraphy-Margaret double classroom) \$\$\$	(library)	2:50 International Ballroom	27	28
+ 15 Form & Function -	8:30 Strength - Kelly	8:15 Walking	8:30 Total Body Toning - Vin	8:15 Walking
lly (activity room) :15 Yoga - Kelly	(activity room)  9:00-2:00 AARP TAX Service	(double classroom)	(activity room)	(double classroom)
ctivity room) :00 Art of Oil Painting	(double classroom)  09:30 Yoga- Ria	9:00 Hearing Screening 9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Linda (activity room)	8:30 Strength - Lisa (activity room)
akia (double classroom)	(activity room)  09:00 Spanish 1 - Nelida	10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
:30 Strength - Ed ctivity room)	(library/ ZOOM) \$\$\$  10:00 Spanish 2- Nelida	11:00 Chair Yoga - Ed (activity room)	11:00 Cardio - Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
00 - 3:00 ssion 7 - H.O.P.E.	(library/ ZOOM) \$\$\$  10:00 Blood Pressure	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dance (activity room)
ibrary) 30 Drawing with	Screening	1:00 Strength- Vin (activity room)	1:00 Zumba - Vin (activity room) \$\$\$	11:00 Strength - Anna ZOOM
alligraphy-Margaret double classroom) \$\$\$ 0	11:30 Chair, Stretch & Tone- Kelly (activity room) 31	2:50 International Ballroom	(ACCEPTED TOOM) PPP	
15 Form & Function - elly (activity room)	8:30 Strength - Kelly (activity room)			
:15 Yoga – Kelly ctivity room)	9:00-2:00 AARP TAX Service (double classroom)			
	00.30 Veca Linda			

11:00 Art of Oil Painting
-Zakia (double classroom)

11:30 Strength - Ed (activity room)

1:00 - 3:00 Session 8 - H.O.P.E.

1:30 Drawing with Calligraphy-Margaret (double classroom) \$\$\$

(library)

\$\$

09:30 Yoga- Linda (activity room)

2:00 Book Club (library)

09:00 Spanish 1- Nelida (library/ ZOOM)

10:00 Spanish 2 - Nelida (library/ ZOOM)

11:30 Chair, Stretch & Tone
- Lisa (activity room)