

MARCH 2025

(609) 799-9068

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| 9:15 Form & Function-Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting -Zakia (double classroom) \$\$\$ 11:30 Strength - Kelly (activity room) 1:00 - 3:00 Session 4 - H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom) \$\$\$ | 8:30 Walking (activity room) 9:00-2:00 AARP TAX Service (double classroom) 9:00 Glucose Screening 9:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$ 09:30 Yoga-Ria (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room) 1:00 Adult/Child CPR Class (activity room) 2:00 Infant CPR Class (activity room) | 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ria (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom | 8:30 Total Body Toning - Kelly (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$ 11:00 Cardio -Linda (activity room) 1:00 Investment Group (double classroom) | 8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna ZOOM |
| 10 | 11 | 12 | 13 | 14 |
| 9:15 Form & Function-Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting -Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 Senior Tax Freeze Program (activity room) 1:00 - 3:00 Session 5 - H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom) \$\$\$ | 8:30 Strength- Kelly (activity room) 9:00-2:00 AARP TAX Service (double classroom) 9:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$ 09:30 Yoga-Ria (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone -Lisa (activity room) 1:00 Transportation options for Seniors | 8:15 Walking (double classroom) 9:15 Form & Function - Vin (activity room) 10:00 Colon Health Lecture (library) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 1:00 Strength- Vin (activity room) 2:50 International Ballroom | 8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$\$ | 8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi -Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna ZOOM |
| 17 | 18 | 19 | 20 | 21 |
| 9:15 Form & Function-Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting -Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 6 - H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom) \$\$\$ | 8:30 Strength-Kelly (activity room) 9:00-2:00 AARP TAX Service (double classroom) 09:30 Yoga- Ria (activity room) 9:00 Spanish 1 - Nelida (library / ZOOM) \$\$\$ 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone- Lisa (activity room) 1:00 Bingo (library) | 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) SHIP Counselor 9:30, 10:45, 12:00 10:00 Balance -Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 1:00 Strength- Vin (activity room) 2:50 International Ballroom | 8:30 Total Body Toning- Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$\$ | 8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna ZOOM |
| 24 | 25 | 26 | 27 | 28 |
| 9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting -Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 7 - H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom) \$\$\$ | 8:30 Strength - Kelly (activity room) 9:00-2:00 AARP TAX Service (double classroom) 09:30 Yoga- Ria (activity room) 09:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$ 10:00 Spanish 2- Nelida (library/ ZOOM) \$\$\$ 10:00 Blood Pressure Screening 11:30 Chair, Stretch & Tone- Kelly (activity room) | 8:15 Walking (double classroom) 9:00 Hearing Screening 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 1:00 Strength- Vin (activity room) 2:50 International Ballroom | 8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Linda (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$\$ | 8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna ZOOM |
| 31 | | | | |
| 9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 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. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom) \$\$\$ | | | | |