MARCH 2025

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
<u></u>	4	<u>wednesday</u>	6 <u>11101 30ay</u>	7
9:15 Form & Function- Kelly (activity room)	8:30 Walking (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Kelly (activity room)	8:15 Walking (double classroom)
10:15 Yoga - Kelly (activity room)	9:00-2:00 AARP TAX Service (double classroom)	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
11:00 Art of Oil Painting -Zakia (double classroom)	9:00 Glucose Screening 9:00 Spanish 1 - Nelida	10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
<pre>\$\$\$ 11:30 Strength - Kelly (activity room)</pre>	(library/ ZOOM) \$\$\$ 09:30 Yoga-Ria	11:00 Chair Yoga - Ria (activity room)	11:00 Cardio -Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
1:00 - 3:00 Session 4 - H.O.P.E.	<pre>(activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$</pre>	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dance (activity room)
(library) 1:30 Drawing with	11:30 Chair, Stretch & Tone	2:50 International Ballroom		11:00 Strength - Anna ZOOM
Calligraphy-Margaret (double classroom) \$\$\$	- Lisa (activity room) 1:00 Adult/Child CPR Class (activity room)			
	2:00 Infant CPR Class (activity room)			
10	11	12	13	14
9:15 Form & Function- Kelly (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)
10:15 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)
11:00 Art of Oil Painting -Zakia (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)
11:30 Strength - Ed (activity room)	09:30 Yoga-Ria (activity room) 10:00 Spanish 2 - Nelida	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room)	11:00 Cardio - Linda (activity room)	09:30 Tai Chi -Hsueh (activity room)
1:00 Senior Tax Freeze Program (activity room)	(library/ ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dance (activity room)
1:00 - 3:00 Session 5 - H.O.P.E. (library)	-Lisa (activity room) 1:00 Transportation options	1:00 Strength- Vin (activity room)	1:00 Zumba - Vin (activity room) \$\$\$	11:00 Strength - Anna ZOOM
1:30 Drawing with Calligraphy-Margaret (double classroom) \$\$\$	for Seniors	2:50 International Ballroom		
17	18	19	20	21
9:15 Form & Function-	8:30 Strength-Kelly	8:15 Walking	8:30 Total Body Toning- Vin	8:15 Walking
Kelly (activity room) 10:15 Yoga - Kelly (activity room)	(activity room) 9:00-2:00 AARP TAX Service (double classroom)	(double classroom) 9:15 Form & Function - Kelly (activity room)	(activity room) 9:30 Yoga - Ria (activity room)	(double classroom) 8:30 Strength - Lisa (activity room)
11:00 Art of Oil Painting -Zakia (double classroom)	09:30 Yoga- Ria (activity room)	SHIP Counselor 9:30, 10:45, 12:00	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
\$\$ 11:30 Strength - Ed (activity room)	9:00 Spanish 1 - Nelida (library / ZOOM) \$\$\$	10:00 Balance -Anna ZOOM 11:00 Chair Yoga - Ed	11:00 Cardio - Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
1:00 - 3:00 Session 6 - H.O.P.E.	10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$	<pre>(activity room) 11:45 Duplicate Bridge</pre>	1:00 Investment Group (double classroom)	10:45 Bollywood Dance (activity room)
(library) 1:30 Drawing with	11:30 Chair, Stretch & Tone- Lisa (activity room) 1:00 Bingo	<pre>(double classroom) 1:00 Strength- Vin (activity room)</pre>	1:00 Zumba - Vin (activity room) \$\$\$	11:00 Strength - Anna ZOOM
Calligraphy-Margaret (double classroom) \$\$\$	(library)	2:50 International Ballroom		
24	25	26	27	28
9:15 Form & Function - Kelly (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)
10:15 Yoga - Kelly (activity room)	9:00-2:00 AARP TAX Service (double classroom)	9:00 Hearing Screening 9:15 Form & Function - Kelly	9:30 Yoga - Linda (activity room)	8:30 Strength - Lisa (activity room)
<pre>11:00 Art of Oil Painting -Zakia (double classroom) \$\$</pre>	09:30 Yoga- Ria (activity room) 09:00 Spanish 1 - Nelida	(activity room) 10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
11:30 Strength - Ed (activity 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)
1:00 - 3:00 Session 7 - H.O.P.E.	(library/ ZOOM) \$\$\$	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group	10:45 Bollywood Dance
(library) 1:30 Drawing with	10:00 Blood Pressure Screening	1:00 Strength- Vin (activity room)	(double classroom) 1:00 Zumba - Vin	<pre>(activity room) 11:00 Strength - Anna ZOOM</pre>
Calligraphy-Margaret (double classroom) \$\$\$ 31	11:30 Chair, Stretch & Tone- Kelly (activity room)	2:50 International Ballroom	(activity room) \$\$\$	
9:15 Form & Function -				

9:15 Form & Function -Kelly (activity room)

10:15 Yoga - Kelly (activity room)

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