MARCH 2025

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3	4	5	6	7
0:15 Form & Function- Gelly (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)
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 (activity room)	8:30 Strength - Lisa (activity room)
1:00 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 - Sylvi (double classroom)
\$\$ 1:30 Strength - Kelly	(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)
activity room) :00 - 3:00 ession 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) :30 Drawing with	11:30 Chair, Stretch & Tone - Lisa (activity room)	2:50 International Ballroom		11:00 Strength - Anna ZOO
Calligraphy-Margaret (double classroom) \$\$\$	1:00 Adult/Child CPR Class (activity room)			
	2:00 Infant CPR Class (activity room)			
9	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 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 - Sylvi (double classroom)
1:30 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	11:00 Cardio - Linda (activity room)	09:30 Tai Chi -Hsueh (activity room)
:00 Senior Tax Freeze rogram (activity room)	(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)
:00 - 3:00 ession 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 ZOO
:30 Drawing with alligraphy-Margaret	for Seniors	2:50 International Ballroom		
double classroom) \$\$\$				
7	18	19	20	21
: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 - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
1:00 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 - Sylvi (double classroom)
1:30 Strength - Ed activity room)	9:00 Spanish 1 - Nelida (library / ZOOM) \$\$\$ 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)
:00 - 3:00 ession 6 - H.O.P.E. Library)	(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)
:30 Drawing with alligraphy-Margaret	Lisa (activity room) 1:00 Bingo	1:00 Strength- Vin (activity room)	1:00 Zumba - Vin (activity room) \$\$\$	11:00 Strength - Anna ZOC
(double classroom) \$\$\$	(library)	2:50 International Ballroom		
4	25	26	27	28
: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)	9:00 Hearing Screening 9:15 Form & Function - Kelly	9:30 Yoga - Linda (activity room)	8:30 Strength - Lisa (activity room)
1:00 Art of Oil Painting Zakia (double classroom) \$	09:30 Yoga- Ria (activity room)	(activity room) 10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$	9:30 Chinese Hour - Sylvi (double classroom)
1:30 Strength - Ed activity room)	09:00 Spanish 1 - Nelida (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 ession 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)
library) :30 Drawing with alligraphy-Margaret	Screening 11:30 Chair, Stretch & Tone-	1:00 Strength- Vin (activity room)	1:00 Zumba - Vin (activity room) \$\$\$	11:00 Strength - Anna ZOO
double classroom) \$\$\$	Kelly (activity room) 31	2:50 International Ballroom		
:15 Form & Function – elly (activity room)	8:30 Strength - Kelly (activity room)			
10:15 Yoga - Kelly (activity room)	9:00-2:00 AARP TAX Service (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) \$\$\$ 30 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) 11:30 Chair, Stretch & Tone - Lisa (activity room) 11:30 Chair, Stretch & Tone - Lisa (activity room) 11:30 Drawing with Calligraphy-Margaret (double classroom) \$\$\$