

MARCH 2025 SENIOR CENTER PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
3/3 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class	3/4 9:00 Zumba Gold 10:30 Balance 12:00 **Lunch – Mardi Gras 1:00 Tai Chi 2:00 Tai Chi (Adv)	3/5 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 11:15 Feldenkrais Method 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	3/6 9:00 Zumba Gold 9:30 **Tech w/Ginny 10:30 **Movie – Julie & Julia 1:00 Tai Chi 2:00 Tai Chi (Adv)	3/7 9:00 Yoga 9:30 Craft Club 12:00 Lunch Club 60 2:00 Square Dancing
3/10 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class	3/11 9:00 Zumba Gold 10:30 Balance 1:00 Tai Chi 2:00 Tai Chi (Adv)	3/12 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 11:15 Feldenkrais Method 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	3/13 9:00 Zumba Gold 9:00 **AARP Driver's Safety 9:30 **Tech w/Ginny 10:00 **Trip – Sauders Shopping 1:00 Tai Chi 2:00 Tai Chi (Adv)	3/14 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
3/17 9:00 Yoga 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class 	3/18 9:00 Zumba Gold 10:30 Balance 12:00 **Lunch – Firehouse Meal 1:00 Tai Chi 2:00 Tai Chi (Adv)	3/19 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	3/20 9:00 Zumba Gold 9:00 **AARP Driver's Safety 9:30 **Tech w/Ginny 11:30 **Intergenerational Club - Pizza 1:00 Tai Chi 2:00 Tai Chi (Adv)	3/21 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
3/24 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60	3/25 9:00 Zumba Gold 10:30 Balance 1:00 Tai Chi 2:00 Tai Chi (Adv)	3/26 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	3/27 9:00 Zumba Gold 9:30 **Tech w/Ginny 10:00 **Trip–Antique Wireless Museum 1:00 Tai Chi 2:00 Tai Chi (Adv)	3/28 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
3/31 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60				