



March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 2 3				
		8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:00 Spring Brunch with Ballet Magnificat 10:30 Hand & Foot 12:00 Phase 10
	6 7 8 9 10			
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Bingo sponsored by Pax Hospice 1:30 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes 1:00 Snack & Learn	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10
13 14 15 16 17				
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20 21 22 23 24				
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:30 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 1:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Beading \$TBA	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10 11:30 Luncheon \$7
27 28 29 30 31				
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Movie Monday Where the Crawdads Sing 1:30 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Craft \$TBA 2:00 Book Club	9:00 Music Group 9:00 Bible Study 9:00 Daytrip Meeting 10:30 Hand & Foot 12:00 Phase 10

•Purple - RSVP Required •Blue - Fitness Classes •Red - Fee Required

Fitness Class Descriptions

Sit & Be Fit (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
Cardio Combo! (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
Beginner Yoga	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
Tai Chi (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.

Activities

Lessons of Art Art & Friends	Join our instructor to learn the fundamentals of art and then come and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
Beading Beauties	Sign-up in advance. Fee paid directly to instructor.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Book Club	<i>The Tea Girl of Hummingbird Lane</i> by Lisa See
Bridge	We have three Bridge groups active: Experienced Bridge Players, Beginner Bridge Players and Learn to Play Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Hand and Foot, Phase 10, Dominoes	All cards and games are open to all levels. If you are not sure how to play, come and sit along-side an experienced player to learn.
Craft	Sign-up in advance. Fee paid directly to instructor.
Daytrip Meeting	Lance Clay with TREK Travel will be here to give us all the information on planning some upcoming daytrips! Join us for coffee and donuts!
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Beginner or experienced Dulcimer players welcome.
Line Dancing	Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. No prior dance experience required. Great for beginners to Fred Astaires!
Movie Monday <i>Where the Crawdads Sing</i>	Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. Drawn to two young men from town, she opens herself to a new and startling world. When one of them is found dead, Kya becomes the main suspect.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Snack & Learn's	We will have TWO Snack & Learns this month! Josh with HUMANA will be here to talk about a new line of service and Ed with ELECTRONIC CAREGIVER will be here to share the benefits of the virtual emergency device.
Spanish I and Spanish II	Beginner Spanish for all those interested in learning a new language and exercising your brain.
Spring Brunch	Ballet Magnificat will be here to get us excited about Spring! Join us for a light brunch and beautiful entertainment.