



# March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes
4	5	6	7	8
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:00 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 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 10:10 Beginner Yoga 11:00 Dulcimer 11:30 St. Patrick's Day Scavenger Hunt with Traditions Health 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Oark 10:30 Hand & Foot 12:00 Dominoes
11	12	13	14	15
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Learn to play Bridge 1:00 BINGO with SMP (Senior Medicare Patrol)	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 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 1:00 Spring Break Movie with the Grandkids	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe Baptist Hospice 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes
18	19	20	21	22
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:00 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 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 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 11:30 Luncheon \$7 The Mind Center 12:00 Dominoes
25	26	27	28	29
8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 International Waffle Day Celebration with HomeCare Hospice 1:00 Learn to play Bridge 1:00 Movie Monday The Boys in the Boat	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 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 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 2:00 Book Club	Senior Center is Closed in Observance of Good Friday.

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

**\*\*Don't forget Daylight Savings Time begins on Sunday, March 10<sup>th</sup>\*\***

Fitness Class Descriptions	
<b>Sit &amp; Be Fit</b> (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)
<b>Cardio Combo!</b> (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)
<b>Beginner Yoga</b>	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.
<b>Tai Chi</b> (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	
<b>Lessons of Art Art &amp; Friends</b>	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.
<b>Bible Study</b>	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
<b>Bingo</b>	Come and celebrate all of our March birthdays with a fun game of Bingo!!
<b>Book Club</b>	<i>American Dirt</i> by Jeanine Cummins
<b>Bridge</b>	We have three Bridge groups active: <b>Experienced Bridge Players</b> , <b>Beginner Bridge Players</b> and <b>Learn to Play Bridge</b> . Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
<b>Hand and Foot Dominoes</b>	All cards and games are open to all levels. If you are not sure how to play, come and sit alongside an experienced player to learn.
<b>Dulcimer</b>	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.
<b>Luncheon</b>	The MIND (Memory Impairment and Neurodegenerative Dementia) Center is a leader in research for Alzheimer’s disease. Come be a part of this very informative and valuable luncheon!
<b>Movie Monday <i>The Boys in the Boat</i></b>	<b>During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.</b>
<b>Music Group</b>	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
<b>Spanish I and Spanish II</b>	Beginner and Intermediate Spanish for all those interested in learning a new language and exercising your brain.
<b>Spring Break movie with the Grandkids. <i>Wish</i></b>	It’s Spring Break and the grandkids are out of school for the week! Need some entertainment?? ”Pop” on over to the senior center for a movie, popcorn and candy.
<b>St Patrick’s Day Scavenger Hunt</b>	Come find your way to the fun! Join us for a St. Patrick’s Day scavenger hunt through City Hall. Don’t forget to wear your green!!
<b>Vet to Vet Cafe</b>	Are you a veteran? Please join us for the Vet to Vet Café! The Vet to Vet Café will meet the 2 <sup>nd</sup> Thursday of each month. This month our speaker will be Yolanda Davis with the VA Foster Program which is an alternative to nursing home care. A light breakfast will be served.
<b>International Waffle Day Celebration</b>	Who wouldn’t want to celebrate such a sweet day?? This is a come & go event so drop by and let us treat you to a waffle. We’ll have the waffle iron hot and you bring the smiles!