

Calendar of Activities - March 2025

Monday - March 3	Tuesday - March 4	Wednesday - March 5	Thursday - March 6	Friday - March 7	
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:00-10:00a Dance Aerobics (RecCtr) 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:00a-12:00n Mexican Train 10:00-11:00a Strength Training with Weights 10:00a-12:00n Beg./Intermediate Watercolor 10:15-11:15a Traditional Exercise 12:00-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sit & Sew 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:30p Line Dancing for Everyone 2:00-3:00p Navigating Grief 3:30-5:00p Slow/Pace LineDance for Everyone	8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:30a-12:00n American Mah-jongg 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take (Beg./Intermediate) 12:00n-1:00p Circuit Training 12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage Art 2:30-3:30p Yoga 3:30-4:30p Aerobic Kickboxing 4:00-5:00p Ripped Muscle Resistance	6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00a-12:00n Drop-in Crafters 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:30a-12:30p Urban Sketching 10:00-11:00a Strength Training with Weights 10:00-11:00a Grief Support 11:45a-12:45p Balance with Don 12:30-4:00p Mexican Train 12:45-2:30p Drop-in Art 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take (Advanced) 4:00-5:00p Rippled Muscle Resistance	8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (TransitBldg) 10:00a-12:00n Gelli Plate 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:15-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Decorative Cards 1:30-3:30p Line Dancing for Everyone 3:00-5:00p Basic Acrylic Landscape Painting 3:30-5:00p Slower/Pace LineDancing for Everyone 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance	
Monday - March 10	Tuesday - March 11	Wednesday - March 12	Thursday - March 13	Friday - March 14	
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:00-10:00a Dance Aerobics (RecCtr) 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:00a-12:00n Mexican Train 10:00-11:00a Strength Training with Weights 10:00a-12:00n Beg./Intermediate Watercolor 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sewing Class 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:30p Line Dancing for Everyone 2:00-3:00p Navigating Grief 3:30-5:00p Slow/Pace LineDance for Everyone	8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:30a-12:00n American Mah-jongg 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take (Beg./Intermediate) 12:00n-1:00p Circuit Training 12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage Art 2:30-3:30p Yoga 3:30-4:30p Aerobic Kickboxing 4:00-5:00p Ripped Muscle Resistance	6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00a-12:00n Drop-in Crafters 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:30a-12:30p Urban Sketching 10:00-11:00a Strength Training with Weights 10:00-11:00a Grief Support 11:45a-12:45p Balance with Don 12:30-4:00p Mexican Train 12:45-2:30p Drop-in Art 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take (Advanced) 4:00-5:00p Rippled Muscle Resistance	8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (TransitBldg) 10:00a-12:00n Gelli Plate 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:15-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Decorative Cards 1:30-3:30p Line Dancing for Everyone 3:00-5:00p Basic Acrylic Landscape Painting 3:30-5:00p Slower/Pace LineDancing for Everyone 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance	
Monday - March 17	Tuesday - March 18	Wednesday - March 19	Thursday - March 20	Friday - March 21	
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:00-10:00a Dance Aerobics (RecCtr) 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:00a-12:00n Mexican Train 10:00-11:00a Strength Training with Weights 10:00a-12:00n Art Journaling 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Zendooning 1:00-3:00p 2500 Card Game 1:30-3:30p Line Dancing for Everyone 2:00-3:00p Navigating Grief 3:30-5:00p Slow/Pace LineDance for Everyone 4:00-5:00p Meditation	8:00-10:00a Newsletter Folding 8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:30a-12:00n American Mah-jongg 10:00-11:00a Peer Support 10:00-11:00a VETERANS BINGO 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take (Beg./Intermediate) 12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage Art 2:30-3:30p Yoga 3:30-4:30p Aerobic Kickboxing 4:00-5:00p Ripped Muscle Resistance	6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00a-12:00n Drop-in Crafters 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class (at Transit) 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:00-12:00p JOLLY TIMES 9:30a-12:30p Urban Sketching 10:00-11:00a Strength Training with Weights 11:45a-12:45p Balance with Don 12:30-3:30p Mexican Train 12:45-2:30p Drop-in Art 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take (Advanced) 4:00-5:00p Rippled Muscle Resistance	8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (TransitBldg) 10:00a-12:00n Gelli Plate 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:15-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Decorative Cards 1:30-3:30p Line Dancing for Everyone 3:00-5:00p Basic Acrylic Landscape Painting 3:30-5:00p Slower/Pace LineDancing for Everyone 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance	
Monday - March 24	Tuesday - March 25	Wednesday - March 26	Thursday - March 27	Friday - March 28	
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:00-10:00a Dance Aerobics (RecCtr) 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:00a-12:00n Mexican Train 10:00a-12:00n Art Journaling 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sewing Class 1:00-3:00p Zendooning 1:00-3:00p 2500 Card Game 1:30-3:30p Line Dancing for Everyone 2:00-3:00p Navigating Grief 3:30-5:00p Slow/Pace LineDance for Everyone 4:00-5:00p Meditation	8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:30a-12:00n American Mah-jongg 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take (Beg./Intermediate) 12:00n-1:00p Circuit Training 12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage Art 2:30-3:30p Yoga 3:30-4:30p Aerobic Kickboxing 4:00-5:00p Ripped Muscle Resistance	6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00a-12:00n Drop-in Crafters 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 9:00-11:00a Drop-in Ping Pong (TransitBldg) 9:30a-12:30p Urban Sketching 10:00-11:00a Strength Training with Weights 10:00-11:00a Grief Support 11:45a-12:45p Balance with Don 12:30-4:00p Mexican Train 12:45-2:30p Drop-in Art 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take (Advanced) 4:00-5:00p Rippled Muscle Resistance	8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (TransitBldg) 10:00a-12:00n Gelli Plate 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a Birthday Celebration 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:15-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Decorative Cards 1:30-3:30p Line Dancing for Everyone 3:00-5:00p Basic Acrylic Landscape Painting 3:30-5:00p Slower/Pace LineDancing for Everyone 5:00-7:00p Beg.Couples Western Dance 7:30-10:00p Western Dance	
Monday - March 31				 <p align="center">THE MARCH LUNCH MENU IS AVAILABLE FOR PICK UP AT THE FRONT COUNTER.</p>	 <div style="border: 1px solid black; padding: 5px; background-color: yellow; text-align: center;"> <p>NOTE: THIS CALENDAR DOES NOT INCLUDE ALL ACTIVITIES & EVENTS OFFERED AT THE SENIOR CENTER. SEE THE NEWSLETTER FOR ADDITIONAL INFORMATION.</p> </div> 