

Calendar of Activities - March 2024

<p align="center">ATTENTION</p> <p>**Mondays-Walking Workout- Rec Center** 8:00am - 8:45am</p> <p>**Mondays- Dance Aerobics-Rec Center** 9:00am-10:00am</p> <p>**Mondays-Mexican Train-Senior Center 9:00am-Noon</p>				<p align="center">Friday - March 1</p> <p>6:00-6:45a - Fast Fitness w/ Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12-1&1-2p Circuit/Equipment Training 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Coupl. Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
<p align="center">Monday - March 4</p> <p>6:00-6:45a Fast Fitness w/Beth 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12-1 &1-2p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game/Hand&Foot 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 5:30-7:30p One Stroke Painting</p>	<p align="center">Tuesday - March 5</p> <p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-11:00a Native American Youth Wellness 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 11:30a-12:30p Crafting Native American Toys 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale</p>	<p align="center">Wednesday - March 6</p> <p>6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Bridge 1:00-2:30p Frugal Living 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p align="center">Thursday - March 7</p> <p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata</p>	<p align="center">Friday - March 8</p> <p>6:00-6:45a - Fast Fitness w/ Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12-1&1-2p Circuit/Equipment Training 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Coupl. Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
<p align="center">Monday - March 11</p> <p>6:00-6:45a Fast Fitness w/Beth 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12-1 &1-2p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game/Hand&Foot 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 5:30-7:30p One Stroke Painting</p>	<p align="center">Tuesday - March 12</p> <p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-11:00a Native American Youth Wellness 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 11:30a-12:30p Crafting Native American Toys 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale</p>	<p align="center">Wednesday - March 13</p> <p>6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Bridge 1:00-2:30p Frugal Living 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p align="center">Thursday - March 14</p> <p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata</p>	<p align="center">Friday - March 15</p> <p>6:00-6:45a - Fast Fitness w/ Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12-1&1-2p Circuit/Equipment Training 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Coupl. Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
<p align="center">Monday - March 18</p> <p>6:00-6:45a Fast Fitness w/Beth 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12-1 &1-2p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game/Hand&Foot 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 5:30-7:30p One Stroke Painting</p>	<p align="center">Tuesday - March 19</p> <p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00am-10:00am Newsletter Folding 8:30-11:30a Pinochle 9:00-11:00a Native American Youth Wellness 10:00-11:00a Peer Support w/Kelly 10:00-11:00a VETERANS BINGO 11:30a-12:30p Crafting Native American Toys 12:30-4:00p Interm/Adv. Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale</p>	<p align="center">Wednesday - March 20</p> <p>6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p align="center">Thursday - March 21</p> <p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-12:00p JOLLY TIMES 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata</p>	<p align="center">Friday - March 22</p> <p>6:00-6:45a - Fast Fitness w/ Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12-1&1-2p Circuit/Equipment Training 12:30-4:00p Interm/Adv. Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Coupl. Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
<p align="center">Monday - March 25</p> <p>6:00-6:45a Fast Fitness w/Beth 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12-1 &1-2p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game/Hand&Foot 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 5:30-7:30p One Stroke Painting</p>	<p align="center">Tuesday - March 26</p> <p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-11:00a Native American Youth Wellness 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 11:30a-12:30p Crafting Native American Toys 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale</p>	<p align="center">Wednesday - March 27</p> <p>6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p align="center">Thursday - March 28</p> <p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata</p>	<p align="center">Friday - March 29</p> <p>6:00-6:45a - Fast Fitness w/ Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12-1&1-2p Circuit/Equipment Training 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Coupl. Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>