



# March Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<b>1</b> 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	<b>2</b> 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 6:00 Ukulele	<b>3</b> 9:00-11 Coffee Hour 10:30 Better Balance	<b>4</b>
<b>5</b>  7:30 AA	<b>6</b> 10:30 Better Balance 11:00 Guitar 12:00 BIRTHDAY DINNER	<b>7</b> ***VOTE*** 9:00 Bone Builders 9:30 Art Guild & Fluid Art Painting 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 2:00 Aerobic Dance 3:00 Creative Writing  7:30 WAA	<b>8</b> 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	<b>9</b> 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention  2:00 Aerobic Dance	<b>10</b> 9:00-11 Coffee Hour 9:00-11:00 SASH Blood Pressure Screening  10:30 Better Balance 12:00 GAME DAY	<b>11</b>
<b>12</b>  7:30 AA	<b>13</b> 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner	<b>14</b> 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 2:00 Aerobic Dance 3:00 Creative Writing  7:30 WAA	<b>15</b> 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	<b>16</b> 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention 1:00-3:00 FOOT CLINIC 2:00 Aerobic Dance  6:00 Ukulele	 <b>HAPPYST. PATRICKS DAY</b> 9:00-11 Coffee Hour  11:00 QUILT RAFFLE DRTAWING 10:30 Better Balance	<b>18</b>
<b>19</b>  7:30 AA	<b>20</b> 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 3:00 Book Club  	<b>21</b> 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 2:00 Aerobic Dance 3:00 Creative Writing  7:30 WAA	<b>22</b> 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	<b>23</b> 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention 2:00 Aerobic Dance 2:00 GOLDEN YEARS DISCUSSION	<b>24</b> 9:00-11 Coffee Hour 10:30 Better Balance  2:00 CELL PHONES & QR CODES	<b>25</b>
<b>26</b>  7:30 AA	<b>27</b> 10:30 Better Balance 11:00 Guitar 12:00 BINGO & BURGERS	<b>28</b> 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 2:00 Aerobic Dance 3:00 Creative Writing  7:30 WAA	<b>29</b> 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	<b>30</b> 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention 2:00 Aerobic Dance	<b>31</b> 9:00-11 Coffee Hour 10:30 Better Balance	

Refer to the program descriptions for details