

March 2023 Program Calendar

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black.** **Virtual Classes are noted in green.** **Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY ST. PATRICK'S DAY - March 17 -</p>				
		1	2	3
		<p>8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:30pm Healthy Steps in Motion</p>	<p>9:00 Wood Carving 9:30 Stitch & Chat 10:00-11:00 Free Blood Pressure Screenings 11:15-12:15pm Help Yourself to Healthy Living: Let's Cook 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$3)</p>	<p>10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 12:30pm Pinochle 1:30pm Chair Yoga with Jen Treichel</p>
6	7	8	9	10
<p>9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks</p>	<p>9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Stamp Club 10:00-11:00am The HERstory of Humanity 12:00-1:00pm Lunch 1:00-2:00pm Heart Healthy Nutrition 1:30pm Zumba (\$3)</p>	<p>8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch</p>	<p>9:00 Wood Carving 9:30 Stitch & Chat 11:00 Meditation with Lea 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 1:30pm Tone & Balance (\$3)</p>	<p>10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 12:30pm Pinochle 1:30pm Gentle Yoga with Jen Treichel 2:30pm Happy Hour</p>
13	14	15	16	17
<p>9:15 Tai Chi (\$4) 10:30-11:30am Univest Planned Giving Seminar 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks</p>	<p>9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Storytime with Josephine 11:00-12:00pm Cooking with Teri Wassel: Stuffed Cabbage Soup 12:00-1:00pm Lunch 1:30pm Zumba (\$3)</p>	<p>8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00-2:00pm Practical Matters: Power of Attorney by Wendy Ashby, Esq.</p>	<p>9:00 Wood Carving 9:30 Legal Consultations (by appointment only) 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$3)</p>	<p>10:00 Wii Sports or Jeopardy 12:00-2:00pm Special Lunch: St. Patrick's Day Celebration and Intergenerational Activities with Children from Corpus Christi 12:30pm Pinochle 1:30pm Stretch & Tone (\$3)</p>
20	21	22	23	24
<p>9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks</p>	<p>9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia 11:30-1:30pm Cash for Gold (bring in your gold jewelry for cash on-the-spot) 12:00-1:00pm Lunch 1:30pm Zumba (\$3)</p>	<p>8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:00-2:00pm Practical Matters: "Love Insurance" and Tax-Free Retirement by Bruce Hengey</p>	<p>9:00 Wood Carving 9:30 Stitch & Chat 11:00 Meditation with Lea 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$3)</p>	<p>10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 12:30pm Pinochle 1:30pm Stretch & Tone (\$3) 2:30pm Happy Hour</p>
27	28	29	30	31
<p>9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks</p>	<p>9:30 Group Trivia 12:00-1:00pm Lunch 1:30pm Zumba (\$3)</p>	<p>8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00-2:00pm Practical Matters: Voter Services and Information by Brandon Yett</p>	<p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$3)</p>	<p>10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 12:30pm Pinochle 1:30pm Stretch & Tone (\$3)</p>