

EVENTS March

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Zumba 9:30am Sit and Move 10am	2 Muscles in Motion 9am & 10am Caregiver Talking Points 10:30-11:30 a.m. Mindful Chair Yoga 1pm	3 Sit and Move 10am BYO Craft 11:15 am
6 Sit and Move 10am BINGO 11:15am \$1/card (Cash ONLY)	7 Muscles in Motion 9am & 10am Spanish Review Class 10am	8 Zumba 9:30am Sit and Move 10am Last day to register for the Make and Take Craft	9 Aegis Foot Clinic 9:30-Noon by appt. 435-723-9000 Muscles in Motion 9am & 10am Caregiver Talking Points 10:30-11:30 a.m. Mindful Chair Yoga 1pm	10 Sit and Move 10am BYO Craft 11:15 am
13 Sit and Move 10am BINGO 11:15am \$1/card (Cash ONLY)	14 Muscles in Motion 9am & 10am Spanish Review Class 10am Warm Heart- Craft with a Cause 1:00pm	15 No Zumba Sit and Move 10am Make and Take Craft 1:00pm \$12	16 Muscles in Motion 9am & 10am Caregiver Talking Points 10:30-11:30 a.m.	17 Sit and Move 10am BYO Craft 11:15 am
20 Sit and Move 10am BINGO 11:15am \$1/card (Cash ONLY)	21 Muscles in Motion 9am & 10am Spanish Review Class 10am Warm Heart- Craft with a Cause 1:00pm	22 Zumba 9:30am Sit and Move 10am	23 <u>NO PICKELBALL</u> <u>GAMES and GRUB</u> 8am- 11am \$8 Includes Breakfast Caregiver Talking Points 10:30-11:30 a.m.	24 Sit and Move 10am BYO Craft 11:15 am
27 Sit and Move 10am BINGO 11:15am \$1/card (Cash ONLY)	28 Muscles in Motion 9am & 10am Spanish Review Class 10am	29 Zumba 9:30am Sit and Move 10am	30 Muscles in Motion 9am & 10am Caregiver Talking Points 10:30-11:30 a.m.	31 Center Closed

Daily Scheduled Activities

Pickleball: M, T, TH, F 7:30 -9:45 am
W 7:30-9:25 am
No Pickleball on March 23rd
Fitness Room: M, W 7:30 am-3:00 pm
T,TH 7:30 am-9:00 am
and 11:00 am- 3:00 pm
F 7:30 am to 1:00 pm

Sit and Move: M,W,F 10:00am-11:00am
Bingo: Mondays 11:15pm-12:00pm
Muscles in Motion: T,TH 9-10:00am & 10-11:00am
No Muscles in Motion Classes on March 23rd
Spanish Review Class: Tuesdays 10:00am-11:00am
Zumba: Wednesdays 9:30am-10:10am
No Zumba Class on March 15th
Mindful Chair Yoga Thursdays 1:00pm-2:00pm

Register For Activities: 435-226-1474