

March 2025

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
3 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess NO Draw w/Chris	4 10am Cindy Art Class #1 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby 1:30pm Bereavement Group	5 10am Soul Yoga – Max 11:30am Lunch: Fish & Chips 12:45pm Lecture: Keep Your Brain Sharp, Pt 1	6 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya 12:30 Dig’n It Plant Group	7 10:30am Open Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Mary Trivia + Lunch 1pm Mark Albertson Women’s History Lecture
10 10am Open Craft & Knitting 11am Caryn Dumplings 11am Pickleball 11am Qigong – Bill ZOOM NO class with Laurie 12pm Chess 1pm Draw w/Chris ZOOM	11 10am Cindy Art Class #2 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby	12 10am Soul Yoga – Max 10:30am Dr Sachin Lecture:: Parkinson’s 11:30am Lunch: Lily’s Swedish Meatballs 12:45pm Lecture: Keep Your Brain Sharp, Pt 2	13 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	14 10:30am Open Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 10:30am Writing Group 11am Pickleball Clinic-Int 11:30am Etta Therapy Time 12pm Pickleball 12:30pm Bingo with Linda
17 9am Tax Help Appt’s 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Wicked Movie 12pm Chess 1pm Draw w/Chris ZOOM	18 10am Cindy Art Class #3 11am Pickleball 11:15am Sonya – Strength 11am Art Chat w/Chris ZOOM 12:15pm Qigong w/Deby 1:30pm Caregivers Group	19 10am Soul Yoga – Max 11am EMS BP Screen 11:30am Lunch: Veggie Lasagna 1pm Sticker Book of Saints	20 10am Chocolate Factory Trip 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	21 (Linda Bday) 10:30am Open Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball
24 9am Tax Help Appt’s 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess NO Draw w/Chris	25 10am Cindy Art Class #4 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby	26 10am Soul Yoga – Max 10:30am Dr. Sachin 11:30am Lunch: Chx Parm Sliders 12:45pm Letting Go of Stress: Diane Lowman	27 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	28 (Anne Bday) 10:30am Open Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 10:30am Tech Class 11am Pickleball Clinic-Int 12pm Pickleball 12pm Coffee w/ a Cop 12:30 Slot Machine Game
31 10am Open Craft & Knitting 11am Pickleball 11am Zentangle 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM				

