

# MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <b>Key:</b>  <b>Red Bold</b> = One-time event  <b>Blue Bold</b> = Once-a-month event         </div>		<b>1</b> 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters	<b>2</b> 10:00 Pickleball 10:00 Exp. Bridge <b>10:30 Alzheimer's Family Support Group</b> 12:20 Balance , Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>3</b> 9:00 Low Impact Cardio – INT 10:00 Men's Bsktball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp <b>12:00 Civil War Lecture</b> 12:30 Table Tennis 12:30 Pickleball
<b>6</b> 9:00 AARP Taxes 10:00 Men's Bskball 10:00 Canasta Lessons <b>11:00 Bingo</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:30 Line Dancing	<b>7</b> 9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW <b>12:45 Fiction Book Grp-#1</b> 1:00 Women's Circle	<b>8</b> 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball <b>11:30 Lecture: Inspiring Women in History</b> 12:30 Table Tennis <b>12:30 Golf Lessons</b> 1:00 Nifty Knitters	<b>9</b> 10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class <b>11:30 Travel to Ireland</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>10</b> 9:00 Low Impact Cardio - INT 10:00 Men's Bsktball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Pickleball
<b>13</b> 9:00 AARP Taxes 10:00 Men's Bskball 10:00 Canasta Lessons <b>11:00 Bingo</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:30 Line Dancing	<b>14</b> 9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	<b>15</b> 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:30 Golf Lessons</b> <b>12:30 Intergenerational Orchestra</b> 1:00 Nifty Knitters	<b>16</b> 10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class <b>11:30 Pet Therapy</b> <b>11:45 BP Screening</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW <b>12:30 St. Patrick's Day Party</b>	<b>17</b> 9:00 Low Impact Cardio—INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis <b>12:30 Golden Classic Movie</b> 12:30 Pickleball
<b>20</b> 9:00 AARP Taxes 10:00 Men's Bskball 10:00 Canasta Lessons 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis <b>12:30 Pizza Party</b> 1:30 Line Dancing	<b>21</b> 9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	<b>22</b> 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:30 Golf Lessons</b> 1:00 Nifty Knitters	<b>23</b> 10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class <b>12:00 Mar. Birthdays</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie <b>3:30 Tech Support</b>	<b>24</b> 9:00 Low Impact Cardio—INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Pickleball <b>1:00 NF Book Club</b>
<b>27</b> 9:00 AARP Taxes 10:00 Men's Bskball 10:00 Canasta Lessons 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis <b>12:30 New Member Welcome Party</b> 1:30 Line Dancing	<b>28</b> 9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle <b>1:00 Fiction Book Grp-#2</b>	<b>29</b> 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:30 Golf Lessons</b> 1:00 Nifty Knitters	<b>30</b> 10:00 Pickleball <b>10:00 Bridge/EXP—New Lesson Series</b> 10:00 Watercolor Class <b>12:00 Balanced &amp; Healthy Eating for Seniors</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>31</b> 9:00 Low Impact Cardio—INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Pickleball