

# March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:00 – 3:00 Mahjong 3:00 – 4:00 Readers Theatre 4:00 – 5:30 Readers Theatre Performance 6:30 – 8:30 Dance Time w/ Lauren Petrie	<b>2</b> 9:00 – 10:30 Healing Touch 9:00 – 2:30 AARP Tax Appointments 10:00 – 11:00 Tai Chi 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:00 Diabetic Support Group 3:30 – 5:00 Legal Assistance w/ John Llewellyn 7:00 – 10:00 Piano Bar By appointment: Tech Programming	<b>3</b> 9:00 – 10:00 Enhance Fitness 9:00 – 2:30 AARP Tax Appointments 9:30 – 4:00 Foot Care w/ Keith 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appointment: Tech Programming
<b>6</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Aging Well Group 1:00 – 3:00 Movies 3:00 – 4:30 TECH Talks 5:45 – 7:30 HAM Radio Group 6:30 – 9:00 Quilters Group	<b>7</b> 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming Workshop	<b>8</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Journaling for Mindfulness 1:00 – 2:30 History Hour with Elise Hooper 1:00 – 3:00 Mahjong 3:00 – 5:00 Medicare Presentation w/ Ann-Marie	<b>9</b> 9:00 – 10:30 Healing Touch 9:00 – 2:30 AARP Tax Appointments 10:00 – 11:00 Tai Chi 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Group 6:00 – 9:00 Second Thursday Out By appointment: Tech Programming	<b>10</b> 9:00 – 10:00 Enhance Fitness 9:00 – 2:30 AARP Tax Appointments 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:30 – 2:30 Book Club for Adventurous Readers By appointment: Tech Programming
<b>13</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Aging Well Group 1:00 – 3:00 Movies 3:00 – 5:00 OWLS	<b>14</b> 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 11:00 – 12:00 Coffee w/ Vets 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming Workshop	<b>15</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:00 – 2:00 Silver Sounds St. Patrick's Day Celebration 1:00 – 3:00 Mahjong 3:00 – 4:00 Annual Membership Meeting	<b>16</b> 9:00 – 10:30 Healing Touch 9:00 – 2:30 AARP Tax Appointments 10:00 – 11:00 Tai Chi 11:00 – 1:00 Medicare Presentation w/ Patrice 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 3:30 – 5:00 Legal Assistance w/ John Llewellyn By appointment: Tech Programming	<b>17</b> 9:00 – 10:00 Enhance Fitness 9:00 – 2:30 AARP Tax Appointments 9:00 – 4:00 Foot Care w/ Carly 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:00 – 1:30 Irish Dancers Performance By appointment: Tech Programming
<b>20</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Aging Well Group 1:00 – 3:00 Movies 6:30 – 9:00 Quilters Group	<b>21</b> 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming Workshop	<b>22</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Journaling for Mindfulness 1:00 – 3:00 Mahjong 1:30 – 2:30 Virtual Caregivers Support Group	<b>23</b> 9:00 – 10:30 Healing Touch 9:00 – 2:30 AARP Tax Appointments 10:00 – 11:00 Tai Chi 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Group By appointment: Tech Programming	<b>24</b> 9:00 – 10:00 Enhance Fitness 9:00 – 2:30 AARP Tax Appointments 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appointment: Tech Programming
<b>27</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Aging Well Group 1:00 – 3:00 Movies 3:00 – 4:30 IOS Learning Community	<b>28</b> 9:00 – 1:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 11:30 – 12:45 Birthday Lunch 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming Workshop 2:30 – 4:00 Legal Assistance w/ Heather DeVrieze	<b>29</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 1:00 – 3:00 Mahjong	<b>30</b> 9:00 – 10:30 Healing Touch 9:00 – 2:30 AARP Tax Appointments 10:00 – 11:00 Tai Chi 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 5:00 – 6:30 Soups w/ Chef Hayla By appointment: Tech Programming	<b>31</b> 9:00 – 10:00 Enhance Fitness 9:00 – 2:30 AARP Tax Appointments 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appointment: Tech Programming