March 2024 - In Person Activities - Check the Monday morning email for cancellations, changes, and new offerings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:45a Liberation Laughter	9:00a Table Tennis
Series Classes: Please register for the entire series.		Class Changes:	10:30a Sound Bath	9.00a Table Tellills	
Tai Chi Chih Classes	Evergreen Singers	Exercise 1:1 Q&A with Helen Heaslip	Beginning Yoga (Mondays) and	10:30a Line Dancing (BIR) 11:00a Sing A-Long	1:00p Cribbage
Mondays 3/11 -4/29 9:00a - Dining Room	Tuesdays 1/9 - 4/30 12:00p - Huney Hall	Tues 3/12 - 10:00 - 11:00 am Call for a 15 min Appointment	Gentle Chair Yoga (Wednesdays) are now	1:00p BINGO 1:00p Mah-jongg	
Note: Cla	sses with * require instructor Permise	sion to join.	Vinyasa Yoga	1:30p S.A.I.L. 2:30p New Member Get together	
4	5	6	7	8	9
9:00a Whole Body Workout 9:30a Dementia Support Group	8:30a Open Chess 9:00a Gentle Stretching	9:00a Whole Body Workout 10:05a Slow Flow Yoga	8:30a Open Chess 9:00a Gentle Stretching	9:45a Liberation Laughter 10:30a Sound Bath	9:00a Table Tennis
10:05a Slow Flow Yoga 11:30a Table Tennis	9:45a Chair Yoga 10:00a Coleen's Travel Corner	10:30a Tai Chi Chih Practice*(BIR) 11:30a Substance Use Dep & Rec	9:10a Mindful Meditation 9:30a Art History Lecture	10:30a Line Dancing (BIR) 11:00a Sing A-Long	1:00p Cribbage
12:00p Games	10:30a Line Dancing (BIR)	11:30a Pilates (BIR)	10:30a Duplicate Bridge	1:00p BINGO	
1:30p S.A.I.L.	10:30a Zumba Gold	12:00p American Style Mahjongg	10:30a Zumba Gold	1:00p Mah-jongg	
3:00p Vinyasa Yoga	1:00p Party Bridge 1:00p Art Workshop - TBD 1:30p S.A.I.L.	1:00p Cribbage 1:30p Italian Conversation 1:30p S.A.I.L.	12:00p Line Dancing-Beginners 1:00p Petanque in the Park 1:00p A Stitchin Time (BIR)	1:30p S.A.I.L. 2:00p Queer Elder Family Group 3:00p Aging Mastery Series	
	3:00p Yoga for Health*	3:00p Vinyasa Yoga	1:30p S.A.I.L.	6:00p Movie Night	
		4:30p Line Dancing-Intermediate	2:00p Bard Read	,	
			3:00p Yoga for Health*		
11	12	12	7:00p Table Tennis	15	16
9:00a Whole Body Workout	8:30a Open Chess	9:00a Whole Body Workout	8:30a Open Chess	9:45a Liberation Laughter	9:00a Table Tennis
10:05a Slow Flow Yoga	9:00a Gentle Stretching	10:05a Slow Flow Yoga	9:00a Gentle Stretching	10:30a Sound Bath	o.ood Table Tellins
11:30a Table Tennis	9:45a Chair Yoga	10:30a Tai Chi Chih Practice*(BIR)	9:10a Mindful Meditation	10:30a Line Dancing (BIR)	9:30a Art-Life Drawing Series
12:00p Games	10:00a Coleen's Travel Corner	11:30a Pilates (BIR)	10:30a Duplicate Bridge	11:00a Sing A-Long	
1:30p S.A.I.L.	10:30a Line Dancing (BIR)	12:00p Feldenkrais Method	10:30a Zumba Gold	1:00p BINGO	1:00p Cribbage
3:00p Vinyasa Yoga	10:30a Zumba Gold	12:00p American Style Mahjongg	12:00p Line Dancing-Beginners	1:00p Mah-jongg	
	1:00p Waterfront Book Group 1:00p Party Bridge	1:00p Cribbage 1:30p Italian Conversation	1:00p Petanque in the Park 1:00p A Stitchin Time (BIR)	1:30p S.A.I.L.	
	1:00p BIMA Art Workshop	1:30p S.A.I.L.	1:30p S.A.I.L.		
	1:30p S.A.I.L	3:00p Vinyasa Yoga	2:00p Bard Read		St Patrick's Day Party
	3:00p Yoga for Health*	4:30p Line Dancing-Intermediate	3:00p Yoga for Health*		2:00 - 3:30 pm
		6:00p Photo Club	7:00p Table Tennis		
9:00a Whole Body Workout	8:30a Open Chess	9:00a Whole Body Workout	8:30a Open Chess	9:45a Liberation Laughter	9:00a Table Tennis
10:05a Slow Flow Yoga	9:00a Gentle Stretching	10:05a Slow Flow Yoga	9:00a Gentle Stretching	10:30a Sound Bath	3.00d Table Tennis
11:30a Table Tennis	9:45a Chair Yoga	10:30a Tai Chi Chih Practice*(BIR)	9:10a Mindful Meditation	10:30a Line Dancing (BIR)	9:30a Art-Life Drawing <u>Series</u>
12:00p Games	10:30a Line Dancing (BIR)	11:30a Pilates (BIR)	10:30a Duplicate Bridge	11:00a Sing A-Long	
1:30p S.A.I.L.	10:30a Zumba Gold	12:00p Feldenkrais Method	10:30a Zumba Gold	1:00p BINGO	1:00p Cribbage
3:00p Vinyasa Yoga	1:00p Waterfront Book Group	12:00p American Style Mahjongg	1:00p Petanque in the Park	1:00p Mah-jongg	
	1:00p Party Bridge	1:00p Cribbage	1:00p A Stitchin Time (BIR)	1:30p S.A.I.L.	
	1:00p Art Workshop - TBD 1:30p S.A.I.L	1:30p Italian Conversation 1:30p S.A.I.L.	1:30p S.A.I.L. 2:00p Bard Read	6:00p Movie Night	
	3:00p Yoga for Health*	3:00p Vinyasa Yoga	3:00p Yoga for Health*		
	Toga for Housen	4:30p Line Dancing-Intermediate	7:00p Table Tennis		
		6:00p Photo Club Workshop			
25	26	27	28	29	30
9:00a Whole Body Workout	8:30a Open Chess	9:00a Whole Body Workout	8:30a Open Chess	9:45a Liberation Laughter	9:00a Table Tennis
10:05a Slow Flow Yoga 11:30a Table Tennis	9:00a Gentle Stretching 9:45a Chair Yoga	10:05a Slow Flow Yoga 10:30a Tai Chi Chih Practice*(BIR)	9:00a Gentle Stretching 9:10a Mindful Meditation	10:30a Sound Bath	9:30a Art-Life Drawing Corice
12:00p Games	10:30a Line Dancing (BIR)	11:30a Pilates (BIR)	10:30a Duplicate Bridge	10:30a Line Dancing (BIR) 11:00a Sing A-Long	9:30a Art-Life Drawing <u>Series</u>
1:30p S.A.I.L.	10:30a Zumba Gold	12:00p Feldenkrais Method	10:30a Zumba Gold	1:00p BINGO	1:00p Cribbage
3:00p Vinyasa Yoga	1:00p Party Bridge	12:00p American Style Mahjongg	1:00p Petanque in the Park	1:00p Mah-jongg	'
	1:00p Bainbridge Arts & Crafts	1:00p Cribbage	1:00p A Stitchin Time (BIR)	1:30p S.A.I.L.	
	1:30p S.A.I.L	1:30p Italian Conversation	1:30p S.A.I.L.	6:00p Movie Night	
	1:30p Parkinsons Peer Support	1:30p S.A.I.L.	2:00p Bard Read		New Member Mixer
I	3:00p Yoga for Health*	3:00p Vinyasa Yoga	3:00p Yoga for Health*		3:00 - 5:00 pm
		4:30p Line Dancing-Intermediate	7:00p Table Tennis	1	

March 2024 - on Zoom								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
				1	2			
				1:30p Something to Talk About				
	_	-						
9:00a French Book Group	5	10:00a Anything Goes!	9:10a Mindful Meditation	1:30p Something to Talk About	1			
9:30a Dementia Support Group		12:00p Prostate Cancer Group	9.10a William Weartation	1.30p Something to Talk About				
10:00a Spanish Conversation		1:30p Something to Talk About						
1:30p Something to Talk About		1:30p Visually Impaired Persons						
1.00p bometimg to raik ribout		3:00p German Conversation						
11	12	13	14	15	16			
		1:30p Something to Talk About	9:10a Mindful Meditation	1:30p Something to Talk About				
9:00a French Book Group		3:00p German Conversation	10:00a NYT Book Group	2:00p Poetry Surprise				
10:00a Spanish Conversation			(Fully Subscribed)					
18	19	20	21	22	23			
	1:00p Waterfront Book Group	10:00a Anything Goes!	9:10a Mindful Meditation	1:30p Something to Talk About				
9:00a French Book Group		1:30p Something to Talk About	12:00p Line Dancing-Beginners	2:00p Poetry Surprise				
10:00a Spanish Conversation		3:00p German Conversation		4:00p Queer Elder Family Group-Zoom				
1:30p Something to Talk About								
25	26	27	28	29	30			
9:00a French Book Group		1:30p Something to Talk About	9:10a Mindful Meditation	1:30p Something to Talk About				
10:00a Spanish Conversation		3:00p German Conversation	10:00a NYT Book Group	2:00p Poetry Surprise				
1:30p Something to Talk About			(Fully Subscribed)	4:00p Queer Elder Family Group-Zoom				