

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|--|
| Series Classes: Please register for the entire series. | | | Class Changes: | 1 | 2 |
| Tai Chi Chih Classes Mondays 3/11 -4/29 9:00a - Dining Room | Evergreen Singers Tuesdays 1/9 - 4/30 12:00p - Huney Hall | Exercise 1:1 Q&A with Helen Heaslip Tues 3/12 - 10:00 - 11:00 am Call for a 15 min Appointment | Beginning Yoga (Mondays) and Gentle Chair Yoga (Wednesdays) are now Vinyasa Yoga | 9:45a Liberation Laughter 10:30a Sound Bath 10:30a Line Dancing (BIR) 11:00a Sing A-Long 1:00p BINGO 1:00p Mah-jongg 1:30p S.A.I.L. 2:30p New Member Get together | 9:00a Table Tennis 1:00p Cribbage |
| Note: Classes with * require instructor Permission to join. | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 |
| 9:00a Whole Body Workout 9:30a Dementia Support Group 10:05a Slow Flow Yoga 11:30a Table Tennis 12:00p Games 1:30p S.A.I.L. 3:00p Vinyasa Yoga | 8:30a Open Chess 9:00a Gentle Stretching 9:45a Chair Yoga 10:00a Coleen's Travel Corner 10:30a Line Dancing (BIR) 10:30a Zumba Gold 1:00p Party Bridge 1:00p Art Workshop - TBD 1:30p S.A.I.L. 3:00p Yoga for Health* | 9:00a Whole Body Workout 10:05a Slow Flow Yoga 10:30a Tai Chi Chih Practice*(BIR) 11:30a Substance Use Dep & Rec 11:30a Pilates (BIR) 12:00p American Style Mahjongg 1:00p Cribbage 1:30p Italian Conversation 1:30p S.A.I.L. 3:00p Vinyasa Yoga 4:30p Line Dancing-Intermediate | 8:30a Open Chess 9:00a Gentle Stretching 9:10a Mindful Meditation 9:30a Art History Lecture 10:30a Duplicate Bridge 10:30a Zumba Gold 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 Bard Read 3:00p Yoga for Health* 7:00p Table Tennis | 9:45a Liberation Laughter 10:30a Sound Bath 10:30a Line Dancing (BIR) 11:00a Sing A-Long 1:00p BINGO 1:00p Mah-jongg 1:30p S.A.I.L. 2:00p Queer Elder Family Group 3:00p Aging Mastery Series 6:00p Movie Night | 9:00a Table Tennis 1:00p Cribbage |
| 11 | 12 | 13 | 14 | 15 | 16 |
| 9:00a Whole Body Workout 10:05a Slow Flow Yoga 11:30a Table Tennis 12:00p Games 1:30p S.A.I.L. 3:00p Vinyasa Yoga | 8:30a Open Chess 9:00a Gentle Stretching 9:45a Chair Yoga 10:00a Coleen's Travel Corner 10:30a Line Dancing (BIR) 10:30a Zumba Gold 1:00p Waterfront Book Group 1:00p Party Bridge 1:00p BIMA Art Workshop 1:30p S.A.I.L. 3:00p Yoga for Health* | 9:00a Whole Body Workout 10:05a Slow Flow Yoga 10:30a Tai Chi Chih Practice*(BIR) 11:30a Pilates (BIR) 12:00p Feldenkrais Method 12:00p American Style Mahjongg 1:00p Cribbage 1:30p Italian Conversation 1:30p S.A.I.L. 3:00p Vinyasa Yoga 4:30p Line Dancing-Intermediate 6:00p Photo Club | 8:30a Open Chess 9:00a Gentle Stretching 9:10a Mindful Meditation 10:30a Duplicate Bridge 10:30a Zumba Gold 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 Bard Read 3:00p Yoga for Health* 7:00p Table Tennis | 9:45a Liberation Laughter 10:30a Sound Bath 10:30a Line Dancing (BIR) 11:00a Sing A-Long 1:00p BINGO 1:00p Mah-jongg 1:30p S.A.I.L. | 9:00a Table Tennis 9:30a Art-Life Drawing <u>Series</u> 1:00p Cribbage |
| | | | | | St Patrick's Day Party 2:00 - 3:30 pm |
| 18 | 19 | 20 | 21 | 22 | 23 |
| 9:00a Whole Body Workout 10:05a Slow Flow Yoga 11:30a Table Tennis 12:00p Games 1:30p S.A.I.L. 3:00p Vinyasa Yoga | 8:30a Open Chess 9:00a Gentle Stretching 9:45a Chair Yoga 10:30a Line Dancing (BIR) 10:30a Zumba Gold 1:00p Waterfront Book Group 1:00p Party Bridge 1:00p Art Workshop - TBD 1:30p S.A.I.L. 3:00p Yoga for Health* | 9:00a Whole Body Workout 10:05a Slow Flow Yoga 10:30a Tai Chi Chih Practice*(BIR) 11:30a Pilates (BIR) 12:00p Feldenkrais Method 12:00p American Style Mahjongg 1:00p Cribbage 1:30p Italian Conversation 1:30p S.A.I.L. 3:00p Vinyasa Yoga 4:30p Line Dancing-Intermediate 6:00p Photo Club Workshop | 8:30a Open Chess 9:00a Gentle Stretching 9:10a Mindful Meditation 10:30a Duplicate Bridge 10:30a Zumba Gold 1:00p Petanque in the Park 1:00p A Stitchin Time (BIR) 1:30p S.A.I.L. 2:00p Bard Read 3:00p Yoga for Health* 7:00p Table Tennis | 9:45a Liberation Laughter 10:30a Sound Bath 10:30a Line Dancing (BIR) 11:00a Sing A-Long 1:00p BINGO 1:00p Mah-jongg 1:30p S.A.I.L. 6:00p Movie Night | 9:00a Table Tennis 9:30a Art-Life Drawing <u>Series</u> 1:00p Cribbage |
| 25 | 26 | 27 | 28 | 29 | 30 |
| 9:00a Whole Body Workout 10:05a Slow Flow Yoga 11:30a Table Tennis 12:00p Games 1:30p S.A.I.L. 3:00p Vinyasa Yoga | 8:30a Open Chess 9:00a Gentle Stretching 9:45a Chair Yoga 10:30a Line Dancing (BIR) 10:30a Zumba Gold 1:00p Party Bridge 1:00p Bainbridge Arts & Crafts 1:30p S.A.I.L. 1:30p Parkinsons Peer Support 3:00p Yoga for Health* | 9:00a Whole Body Workout 10:05a Slow Flow Yoga 10:30a Tai Chi Chih Practice*(BIR) 11:30a Pilates (BIR) 12:00p Feldenkrais Method 12:00p American Style Mahjongg 1:00p Cribbage 1:30p Italian Conversation 1:30p S.A.I.L. 3:00p Vinyasa Yoga 4:30p Line Dancing-Intermediate | 8:30a Open Chess 9:00a Gentle Stretching 9:10a Mindful Meditation 10:30a Duplicate Bridge 10:30a Zumba Gold 1:00p Petanque in the Park 1:00p A Stitchin Time (BIR) 1:30p S.A.I.L. 2:00p Bard Read 3:00p Yoga for Health* 7:00p Table Tennis | 9:45a Liberation Laughter 10:30a Sound Bath 10:30a Line Dancing (BIR) 11:00a Sing A-Long 1:00p BINGO 1:00p Mah-jongg 1:30p S.A.I.L. 6:00p Movie Night | 9:00a Table Tennis 9:30a Art-Life Drawing <u>Series</u> 1:00p Cribbage |
| | | | | | New Member Mixer 3:00 - 5:00 pm |

March 2024 - on Zoom

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|-----------------------------|--|---|---|----------|
| | | | | 1 | 2 |
| | | | | 1:30p Something to Talk About | |
| 4 | 5 | 6 | 7 | 8 | 9 |
| 9:00a French Book Group 9:30a Dementia Support Group 10:00a Spanish Conversation 1:30p Something to Talk About | | 10:00a Anything Goes! 12:00p Prostate Cancer Group 1:30p Something to Talk About 1:30p Visually Impaired Persons 3:00p German Conversation | 9:10a Mindful Meditation | 1:30p Something to Talk About | |
| 11 | 12 | 13 | 14 | 15 | 16 |
| 9:00a French Book Group 10:00a Spanish Conversation | | 1:30p Something to Talk About 3:00p German Conversation | 9:10a Mindful Meditation 10:00a NYT Book Group (Fully Subscribed) | 1:30p Something to Talk About 2:00p Poetry Surprise | |
| 18 | 19 | 20 | 21 | 22 | 23 |
| 9:00a French Book Group 10:00a Spanish Conversation 1:30p Something to Talk About | 1:00p Waterfront Book Group | 10:00a Anything Goes! 1:30p Something to Talk About 3:00p German Conversation | 9:10a Mindful Meditation 12:00p Line Dancing-Beginners | 1:30p Something to Talk About 2:00p Poetry Surprise 4:00p Queer Elder Family Group-Zoom | |
| 25 | 26 | 27 | 28 | 29 | 30 |
| 9:00a French Book Group 10:00a Spanish Conversation 1:30p Something to Talk About | | 1:30p Something to Talk About 3:00p German Conversation | 9:10a Mindful Meditation 10:00a NYT Book Group (Fully Subscribed) | 1:30p Something to Talk About 2:00p Poetry Surprise 4:00p Queer Elder Family Group-Zoom | |