

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>11a Open Art/Craft Room 1p Cardio Drumming (\$3) 2p Crochet Club</p> 	<p>1 10a Recipe for Success 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry</p>	<p>2 9:15a Chair Yoga (\$3) 11a Book Club 11a Virtual Reality 2p Film Discussion & Screening – “The Treasure of the Sierra Madre”</p>
<p>6 9:15 AHOY (\$3) 10a iPhone Class Session 5/8 11a Chair Volleyball 11:30a Android Phone Class Session 5/8</p>	<p>7 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo sponsored by Right at Home Care 1p Zumba Gold (\$3) 2p Cornhole/Games</p>	<p>8 10a Self Defense Seminar 1/4 11a No Open Art/Craft Today 11a Life Hacks for Seniors 1p Cardio Drumming (\$3) 2p Ukelele Performance</p>	<p>9 10a Recipe for Success 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry</p>	<p>10 9:15a Chair Yoga (\$3) 11a Book Club 11a Virtual Reality 2p Film Discussion & Screening – “What’s Up, Doc?”</p>
<p>13 9:15 AHOY (\$3) 10a iPhone Class Session 6/8 11a Chair Volleyball 11:30a Android Phone Class Session 6/8 1:30p Intro to Google Chrome Software</p>	<p>14 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 11a Uke Lesson 1p Zumba Gold (\$3) 2p Cornhole/Games 3p St. Patrick’s Day Social with Health Team Advantage</p>	<p>15 10a Self Defense Seminar 2/4 11a Gardening with Recipe for Success 11a Open Art/Craft Room 11:30a Craft Class with Helen 1p Cardio Drumming (\$3) 2p Art Class with Bobbie Petersen</p>	<p>16 10a Recipe for Success 11a Uke Lesson 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry</p>	<p>17 9:15a Chair Yoga (\$3) 11a Book Club 11a Virtual Reality 2p Film Discussion & Screening – “North by Northwest” 11a-3p Cone Mobile Cancer Screenings (by appt)</p>
<p>20 9:15 AHOY (\$3) 10a iPhone Class Session 7/8 11a Chair Volleyball 11:30a Android Phone Class Session 7/8</p>	<p>21 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 11a Uke Lesson 1p Zumba Gold (\$3) 2p Cornhole/Games</p>	<p>22 10a Self Defense Seminar 3/4 11a Open Art/Craft Room 1p Cardio Drumming (\$3) 2p Crochet Club</p>	<p>23 10a Recipe for Success 11a Uke Lesson 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry</p>	<p>24 9:15a Chair Yoga (\$3) 11a Book Club 11a Virtual Reality 2p Film Discussion & Screening – “The Third Man”</p>
<p>27 9:15 AHOY (\$3) 10a iPhone Class Session 8/8 11a Chair Volleyball 11:30a Android Phone Class Session 8/8 1:30p Intro to Google Chrome Software</p>	<p>28 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 11a Uke Lesson 1p Zumba Gold (\$3) 2p Cornhole/Games</p>	<p>29 10a Self Defense Seminar 4/4 11a Rock Tumbling 11a Open Art/Craft Room 1p Cardio Drumming (\$3) 2p Crochet Club</p>	<p>30 10a Recipe for Success 11a Uke Lesson 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry</p>	<p>31 9:15a Chair Yoga (\$3) 11a Book Club 11a Virtual Reality 2p Film Discussion & Screening – “Charlie Varrick”</p>

Evergreens Lifestyle Center, 1401 Benjamin Parkway, Greensboro. Registration is required to attend all classes and events. Please call (336) 373-4816 extension 280 to register.