

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15a AHOY (\$3) 3 (V)</p> <p>10:15a Seeds and Weeds - Snorkeling</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p> <p>3p Mental Wellness with Humana</p> <p>2:30pm Canasta</p>	<p>9a Better Balance (\$3) 4</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p> 	<p>10a Virtual Reality * 5</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p> <p>3p Academy Award Nominee Screening – “Nickel Boys” *</p>	<p>10a Recipe for Success (V) 6</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3)(V) 7</p> <p>10a Trivia with Tina</p> <p>11a Who Are Refugees presentation</p> <p>1:30p Friday Favorite Movie – “The Forge” *</p> <p>1p Monthly Birthday Celebrations</p> <p>2p Meditation *</p>
<p>9:15a AHOY (\$3) 10 (V)</p> <p>10a Jeopardy</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p> <p>3p Bethany Fields presentation</p> <p>2:30pm Canasta</p>	<p>9a Better Balance (\$3) 11</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p> <p>6p CAA Movie Night *</p>	<p>10a Survey Results Meeting 12</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p> <p>3p Academy Award Nominee Screening – “Wicked” *</p>	<p>9a Fall Recovery (\$4) * 13</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3)(V) 14</p> <p>10a Trivia with Tina</p> <p>11a Water for Elephants book club *</p> <p>1p Friday Favorite Movie – “The Color Purple” *</p> <p>1p Shake Your Shamrock party</p> <p>2p Meditation *</p>
<p>9:15a AHOY (\$3) 17 (V)</p> <p>10a Ireland Travelogue *</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p> <p>2:30pm Canasta</p>	<p>9a Better Balance (\$3) 18</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality 19</p> <p>11a Gardening (V)</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p> <p>3p Academy Award Nominee Screening – “The Wild Robot” *</p>	<p>10a Recipe for Success (V) 20</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3) (V) 21</p> <p>10a Tanger Outlets Day Trip (\$15) *</p> <p>11a Water for Elephants book club *</p> <p>1p Friday Favorite Movie – “Saving Private Ryan” *</p> <p>2p Meditation *</p>
<p>9:15a AHOY (\$3) 24 (V)</p> <p>10a Jeopardy</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p> <p>2:30pm Canasta</p> 	<p>9a Better Balance (\$3) 25</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality * 26</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p> <p>3p Academy Award Nominee Screening – “A Real Pain” *</p>	<p>10a Digital Photography * 27</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3) (V) 28</p> <p>10a Donuts with the Director</p> <p>11a Water for Elephants book club *</p> <p>1p Friday Favorite Movie – “The Bishop’s Wife” *</p> <p>2p Meditation *</p>
<p>9:15a AHOY (\$3) 31 (V)</p> <p>10a Jeopardy</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p> <p>2:30pm Canasta</p> <p>3p Vitamins & Supplements with Humana</p>	 <h1 style="font-size: 4em; color: #e67e22; margin: 0;">March</h1> <h1 style="font-size: 4em; color: #8e9e40; margin: 0;">2025</h1> <p style="color: #8e9e40; font-style: italic;">A * next to an activity means registration is required by calling 336-373-4816 ext 280.</p>			