

*For special programs, priority is given to regular lunch participants.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ *Lunch with the Law  12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 1:00 AlzOC Caregiver Support
9	10	11	12	13
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
16	17	18	19	20
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi CANCELED 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ St. Patrick's Day Party w/Squeaky Clean Comedy 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 10:00 Coffee, Donuts & Medicare with Michael Lemus 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 10:00 Art for All Ages (10/max) Sponsor: M. Lemus MyMedicarePlan 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise Video 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
23	24	25	26	27
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Blood Pressure Clinic 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise Video 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:20 Monthly Birthday Party Sponsored by RSM Cares 12:45 Friday Flicks
30	31	*Pre-registration required, priority given to regular lunch participants		
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club			