

# March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10:00 Exercise with Felicia 11:00 Bingo! Noon – 4:00 Retired Men’s Group* 12:00 Chair Yoga with Connie 1:00 Tai Chi with Connie 2:00 Knitting, Crochet and Handicrafts	9:00 Open Bridge/Card Time 2:00 Chair Dancing with Felicia	10:00 Exercise with Felicia 11:00 – Chair Yoga with Connie Noon – 3:00 Lunch Group* Noon Women’s Billiards/Pool  3:30 Tech Help with GC Service League of Boys	Noon – Men’s Billiards/Pool Noon – 4:00 Retired Men’s Group* 1:00 Chi Kung Clsss ++ 2:15 Zumba++	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women’s Bridge Group* 12:00 Meditation with Connie 1:00 Tai Chi with Connie
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
10:00 Exercise with Felicia 11:00 Bingo! Noon – 4:00 Retired Men’s Group* 12:00 Chair Yoga with Connie 1:00 Tai Chi with Connie 2:00 Knitting, Crochet and Handicrafts	9:00Open Bridge/Card Time 11:30 Tuesday/Friday Bridge* 1:00 Workshop on Hearing by Kate Mikhailov, Audiologist 2:00 Line Dancing with Felicia	10:00 Exercise with Felicia 11:00 – Chair Yoga with Connie 11:15 James Horn on Exercise at Home Noon – 3:00 Lunch Group* Noon Women’s Billiards/Pool	10:00 Computer Class: Cool Apps for your iPad or iPhone Noon – Men’s Billiards/Pool Noon – 4:00 Retired Men’s Group* 1:00 Chi Kung Workshop for all 2:15 Zumba++	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women’s Bridge Group* 12:00 Meditation with Connie 1:00 Tai Chi with Connie
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
10:00 Exercise with Felicia 11:00 Bingo! Noon – 4:00 Retired Men’s Group* 12:00 Chair Yoga with Connie 1:00 Tai Chi with Connie 2:00 Knitting, Crochet and Handicrafts	9:00 Open Bridge/Card Time 1:00 John Ellis Kordes on “Understanding the Weather” 2:00 Chair Dancing with Felicia	10:00 Exercise with Felicia 11:00 – Chair Yoga with Connie Noon – 3:00 Lunch Group* Noon Women’s Billiards/Pool 1:00 Workshop on Bone Health	10:00 Computer Class: All about Settings for your iPad/iPhone Noon – Men’s Billiards/Pool Noon – 4:00 Retired Men’s Group* 2:15 Zumba++	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women’s Bridge Group* 12:00 Meditation with Connie 1:00 Tai Chi with Connie
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:00 Exercise with Felicia 11:00 Bingo! Noon – 4:00 Retired Men’s Group* 12:00 Chair Yoga with Connie 1:00 Tai Chi with Connie 2:00 Knitting, Crochet and Handicrafts	9:00 Open Bridge/Card Time 2:00 Line Dancing with Felicia	10:00 Exercise with Felicia 11:00 – Chair Yoga with Connie Noon – 3:00 Lunch Group* Noon Women’s Billiards/Pool 12:30 Grandmother’s Club*	Noon – Men’s Billiards/Pool Noon – 4:00 Retired Men’s Group* 2:15 Zumba++	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women’s Bridge Group* 12:00 Meditation with Connie 1:00 Tai Chi with Connie
<b>30</b>	<b>31</b>			
10:00 Exercise with Felicia 11:00 Bingo! Noon – 4:00 Retired Men’s Group* 12:00 Chair Yoga with Connie 1:00 Tai Chi with Connie 2:00 Knitting, Crochet and Handicrafts	9:00 Open Bridge/Card Time 1:00 John Ellis Kordes on “ Is Journalism Dead?” 2:00 Chair Dancing with Felicia	*denotes established group. For further information on becoming a member of any group, please see the front desk.  ++denotes a “pay to go” class. To join this class, please visit the Recreation and Parks Office at 108 Rockaway Avenue.		

