

**March 2025**

## **Playa de Oro**

### **Activities Schedule**

**Wednesdays**



## **Chair Yoga**

**1:00 PM**

Please Reserve Chair  
<https://www.facebook.com/events/>  
Or Call/Text 801.232-7224

**Location:** Playa de Oro  
52 Playa El Coco

**Instructor:** Beth Nolan

**Coordinated by:** Cynthia Allred

**Wednesdays**



## **Spanish Lessons**

**10 AM - Beginner**

**11 AM - Advanced Beginner**

**Location:** PDO Lap Pool Palapa  
(bring paper & pen)

**Instructor:** Diane Christian

**(donation appreciated)**

**Thursday, March 27th**

## **Ladies Luncheon**

**Noon**

**Location:** TBA

**Coordinated by:** Helene Yates