

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:00 am Mah Jong 9:30 am Tap Class 9:30 am Wii Bowling 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 11:00 am American 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Rv" with Robin Williams 1:00 pm Jazz Dancercise 1:00 pm Mah Jong, Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>2</p> <p>10:30-11:30 a.m. "Living with Alzheimer's," For Early Stage Caregivers"- Part 2 with Amanda Brophy</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train, Painting Class 1:00 pm Tap 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm- Open -Card Games/Board Games 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00- 8:00 pm Women to the Rescue 6:00 pm Cooking with Shelby "Balsamic Dijon Glazed Ham & Bacon Wrapped Asparagus" (1st & 3rd) Sign up</p>	<p>3</p> <p>10:30 a.m. Talk Show "Into the Wilderness" with Lisa Cox</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500, Coloring Corner, Phase 10 1:00 pm Quilting with L♡VE 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 4:00 pm- Open -Card Games/Board Games 5:00 pm Belly Dancing Class</p>	<p>4</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance - (Beginner) 10:00 am Men's Club, Women's Club 10:00 am Walking off the Pounds 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am German- (Beginner) 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Men's & Women's Social Group, Wood Carving 1:00 pm Line Dance- (Intermediate 2) 1:00 -2:00pm Open Door Time with Pat 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>5</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 -11:30 am Blood Pressures- St. Luke's (1st) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "Ed Tryon"</i></p>
<p>8</p> <p>9:30 am Grief Support (2nd Monday of the month)</p> <p>1:00 pm Birthday Party Hosted by -Scrapbooking/Woodcarving Entertainment: Center Stage Tappers</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:00 am Mah Jong 9:30 am Tap Class 9:30 am Wii Bowling 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 11:00 am American 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Jazz Dancercise 1:00 pm Mah Jong, Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>9</p> <p>1:00-3:00 p.m. Senior Living Fair "A Healthier Life: A Brighter Future"</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train, Painting Class 1:00 pm Tap 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Open -Card Games/Board Games 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p>10</p> <p>10:30 a.m. Talk Show "Train Your Brain" and Brain Healthy Smoothies with Anna Hellar from Floyd Place</p> <p>1:00 pm Genealogy Class</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500, Coloring Corner, Phase 10 1:00 pm Quilting with L♡VE 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 4:00 pm- Open -Card Games/Board Games 5:00 pm Belly Dancing Class</p>	<p>11</p> <p>12:00 p.m. AARP Smart Driver Course-with Marc Christopherson (fee applies-call to register.)</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance - (Beginner) 10:00 am Men's Club, Women's Club 10:00 am Walking off the Pounds 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am German- (Beginner) 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Men's & Women's Social Group, Wood Carving 1:00 pm Line Dance- (Intermediate 2) 1:00 -2:00pm Open Door Time with Pat 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>12</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am -11:30 am Blood Pressures- Mercy (2nd) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "Wallen Willies"</i></p>
<p>15</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:00 am Mah Jong 9:30 am Tap Class 9:30 am Wii Bowling 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 11:00 am American 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Speed Race" 1:00 pm Jazz Dancercise 1:00 pm Mah Jong, Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>16</p> <p>10:30 a.m. Talk Show "Advance Care Plan-Five Wishes" with Ann Myers from Hospice</p> <p>4:00 p.m. Alzheimer's Support Group (3rd Tuesday of month)</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train, Painting Class 1:00 pm Tap 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Open -Card Games/Board Games 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00- 8:00 pm Women to the Rescue 6:00 pm Cooking with Shelby "Raspberry Lemon Pie" (1st & 3rd) Sign up -limit of 25</p>	<p>17</p> <p>10:30 a.m. Talk Show "Benefits of Genetic Screening" with Nancy Huseth (Carelumina)</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500, Coloring Corner, Phase 10 1:00 pm Quilting with L♡VE 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 4:00 pm- Open -Card Games/Board Games 5:00 pm Belly Dancing Class</p>	<p>18</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance - (Beginner) 10:00 am Men's Club, Women's Club 10:00 am Walking off the Pounds 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am German- (Beginner) 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Men's & Women's Social Group, Wood Carving 1:00 pm Line Dance- (Intermediate 2) 1:00 -2:00pm Open Door Time with Pat 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>19</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 -11:30 am Blood Pressures- St. Luke's (3rd) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "No Band due to it being Good Friday"</i></p>
<p>22</p> <p>1:00 p.m. Parkinson's Support Group (4th Monday of month)</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:00 am Mah Jong 9:30 am Tap Class 9:30 am Wii Bowling 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 11:00 am American 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Rookie of the Year" 1:00 pm Jazz Dancercise 1:00 pm Mah Jong, Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>23</p> <p>10:30 a.m. Talk Show - "Housing Choice Voucher Program" with Stephanie Roth from the Sioux City Housing Authority</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train, Painting Class 1:00 pm Tap 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Open -Card Games/Board Games 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p>24</p> <p>10:30 a.m. Talk Show - with Brittany Poss from Whispering Creek Senior Living "To Be determined"</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Crafts with Anna- Felt Flower Bouquets-Sign up -limit of 35 (4th Wednesday) 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 1:00 pm Quilting with L♡VE 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 4:00 pm- Open -Card Games/Board Games</p>	<p>25</p> <p>9:30-10:30 Brunch & Learn for Veteran's with Jane from Hospice "We Honor Veteran's Program (Limit 35) Sign up Required</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance - (Beginner) 10:00 am Men's Club, Women's Club 10:00 am Walking off the Pounds 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am German- (Beginner) 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Men's & Women's Social Group, Wood Carving 1:00 pm Line Dance- (Intermediate 2) 1:00 -2:00pm Open Door Time with Pat 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>26</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am -11:30 am Blood Pressures- Mercy (4th) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "Shirley's Big Band"</i></p>
<p>29</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda- no instructor-tape 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap Class, Wii Bowling 10:00 am Knitting & Crocheting 11:00 am American 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "The Legend of Cougar Canyon" 1:00 pm Jazz Dancercise 1:00 pm Mah Jong, Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>30</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train, Painting Class 1:00 pm Tap 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Open -Card Games/Board Games 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p style="text-align: center;"><u>Biscuits and Gravy</u></p> <p style="text-align: center;">Starting Wednesday, April 3rd. Serving from 8-10 a.m. On Wednesday's only \$ 2.00 Buy coffee from coffee shop</p>		