

# March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arth Tai Chi 12:30 Readers Meeting 1:00 Presidents Wives	2 8:30 Foot Care 8:30 Weight/Strength <b>No Fitness &amp; Flexibility</b> 9:30 Bingo 1:00 Wii 4:00 Restorative Yoga 4:00 Relay for Life Volunteers 5:30 Line Dance	3 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:00 Hooks & Needles 10:45 Tai Chi 11:45 ArthTai Chi 11:30 Weight Watchers 12:30 Garden Show 1:00 Board Meeting 4:00 Yoga	4 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 10:00 Bible Study 1:00 Fire Safety Older Adults 3:00 Line Dancing	5 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:00 Beginning Knitting 10:30 Blood Pressure ✓ 11:00 Hearing ✓ 11:30 Covered Dish 12:15 Lt. Tim Brant 12:25 Teresa Bachman	6
7	8 7:00 Boot Hill Casino 8:10 Cardio, Core & More 8:30 Foot Care 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arth Tai Chi 12:30 Readers Meeting 1:00 Women's Health	9 8:30 Weight/Strength <b>9:30 Fitness &amp; Flexibility</b> 10:00 Learning New Roles 1:00 Wii 2:00 Eyeglass ✓ 4:00 Restorative Yoga 5:30 Line Dance	10 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 9:00 Buds, Blooms, & Dooms 10:45 Tai Chi 11:45 Arthritis Tai Chi 11:30 Weight Watchers 4:00 Yoga	11 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 10:00 Bible Study 3:00 Line Dancing	12 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:00 Beginning Knitting 1:00 Overview of Derby Police Department	13
14	15 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 12:30 Readers Meeting 1:00 Captain's Lady	16 8:30 Weight/Strength 9:30 Fitness & Flexibility 1:00 Wii 3:00 Friendship Club 4:00 Restorative Yoga 5:30 Line Dance  <b>Fold Newsletter</b>	17 <b>No Cardio, Core &amp; More</b> 8:30 Massage 8:30 Exercise w/purpose 9:30 Bingo 10:00 Hooks & Needles 10:45 Tai Chi 11:45 ArthTai Chi 11:30 Weight Watchers 2:00 Caregiver Meeting 5:00 St. Patrick's Dance <b>No Yoga</b>	18 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 10:00 Bible Study 3:00 Line Dancing	19 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:30 Blood Pressure ✓ 10:00 Beginning Knitting 11:30 Birthday & Anniv 12:15 Roger Mattingly	20  <b>7:00—10:00 am Biscuit &amp; Gravy Breakfast</b>
21	22 8:10 Cardio, Core & More 8:30 Foot Care 9:00 Exercise w/ purpose 10:00 Seniors Supporting Schools 10:45 Tai Chi 11:45 Arth Tai Chi 12:30 Readers Meeting	23 8:30 Weight/Strength 9:30 Fitness & Flexibility 1:00 Wii 4:00 Restorative Yoga 5:30 Line Dance	24 8:10 Cardio, Core & More 8:30 Massage 8:30 Historic Church Tour 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 ArthTai Chi 11:30 Weight Watchers 4:00 Yoga	25 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Bible Study 10:00 Advance Tap 3:00 Line Dancing	26 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 11:00 Mystery Lunch 12:30 Exercising / Improving Your Brain	27
28	29 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 12:30 Readers Meeting <b>Sign-ups</b>	30 8:30 Weight/Strength 9:30 Fitness & Flexibility 10:45 Oxygen Information 1:00 Senior Employment 4:00 Restorative Yoga 5:30 Line Dance	31 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arth Tai Chi 11:30 Weight Watchers 12:30 Keeping Healthy in The 1870's 4:00 Yoga			