



March 2019 Center Activities

Pre-register for Instructional Classes at least Five (5) Business Days in advance, in order to ensure appropriate attendance numbers to conduct the program.

Monday

Tuesday

Wednesday

Thursday

Friday

Wealth Management Strategies for Women

Sat., March 9, 2019
10:00 a.m.

Register in Advance!

Pre-Registration is REQUIRED
for ALL Activities During the Month.
Sorry, No Walk-ins Permitted.

**Program Registration Checks
Made Payable to:**
"Township of Monroe"

Evening & Weekend Classes In Progress:

Thursday Nights:
Ballroom & Yoga

Saturday Morning:
Get Fit Core
& Meditation

1 9:00 Zumba Gold
9:45 **Beginners Bridge (\$)**
10:00 Boot Camp
10:00 Dabble & Do (LD)
10:30 Harmonica
11:00 **Intermed. Bridge (\$)**
12:30 Watercolor Exp.
12:30 **FRIENDS MARDI GRAS (\$)**
No Table Tennis!

4 **Income Tax, By Appt.**
9:00 SHAPE IT UP
9:30 Drop-In Bridge
10:00 Move & Groove
10:00 Fun with Yiddish
10:30 **Art of Forgiveness**
11:15 Yang Tai Chi (\$)
1:00 Yarn It / Games /Tennis
2:00 **Karaoke with Rick**
3:00 Happy Travel Club

5
9:00 Chorus/ Games
9:00 Body Work
10:15 Triple 15
10:30 **Aging in Place**
11:15 POUND
12 Chess-Mates/ 1 T. Tennis
1:30 Brain Injury Support
2:00 **Green for Green Tea**

6 **Income Tax, By Appt.**
9:00 Healthy Bones Grads
9:00 Total Toning
10:15 Bodies in Motion
10:30 **Go Nuts for Nuts**
11:15 Breathe/Stretch
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
1:00 Parkinson's Support
2:00 **Jazz It with Jerry**

7 9:00 Chair Yoga
10:00 Ceramics
10:15 Body Works
10:30 **No Blarney B' fast (\$)**
10:30 **iPhone Basics (\$)**
12:15 Duplicate Bridge
12:30 Mixed Watercolor
1:00 **Webber's CATS**
2:00 Mandolin Class

8 9:00 Zumba Gold
9:45 Beginners Bridge
10:00 Boot Camp
10:00 **Empty Bowls (\$)**
10:30 Harmonica
11:00 Intermediate Bridge
12:30 Watercolor Exp.
12:30 Bonnie's Kids
1:00 Table Tennis
2:00 **Spinning Stories**

11
Income Tax, By Appt.
9:00 SHAPE IT UP
9:30 Drop-In Bridge
10:00 Move & Groove
10:00 Fun with Yiddish
10:30 **An Age of Light**
11:15 Yang Tai Chi
1 Yarn It / Games / T. Tennis
1:30 **MUSIC BINGO**

12 9:00 Chorus/ Games
9:00 Body Works (LD)
10:00 Triple 15 (LD)
10:30 **Between the Covers**
11:00 Green Thumbs
11:15 POUND
12 Chess-Mates/ 1 T. Tennis
Blood Pressure Scr., Appt.
1:30 **Food as Medicine**

13 **Income Tax, By Appt.**
9:00 H. Bones Grads
9:00 Total Toning (LD)
10:15 Bodies in Motion (LD)
10:30 **Adaptive Equipment**
11:15 Breathe/Stretch (LD)
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
2:00 **Do-Si-Do, Away We Go**

14 9:00 Chair Yoga (LD)
9:30 **Balance Scr., By Appt.**
10:00 Ceramics (*w Students*)
10:15 Body Works (LD)
10:30 **Cooking for One**
10:30 iPhone Basics (LD)
12:15 Duplicate Bridge
12:30 Mixed Watercolor (LD)
1:30 **Berlin & The Exodus 4**
2:00 Mandolin Class (LD)

15
9:00 Zumba Gold (LD)
9:45 Beginner Bridge
10:00 Boot Camp (LD)
10:30 **Hip Innovations**
10:30 Harmonica
11:00 Intermediate Bridge
12:30 Watercolor Exp. (LD)
1:30 **Word Processing, Pt 1**
7:00 **Go Green Dance Party**

18 **Income Tax By Appt.**
9:00 SHAPE IT UP
9:30 Drop-In Bridge
10:00 Move & Groove
10:00 Fun with Yiddish
10:30 **The Butterfly**
11:15 Yang Tai Chi
1 Yarn It / Games / T. Tennis
1:30 **About Handel, Pt 1**

19 **8:45 Drivers Safety**
9:00 Chorus/ Games
Body Works (Flex?)
Triple 15 (Flex?)
11:15 POUND (Flex-LD)
12 Chess-Mates/ 1 T. Tennis
1:30 **About Handel, Pt 2**
1:30 Cancer Support
2:30 Poems of Significance

20 **Income Tax, By Appt.**
9:00 H. Bones Grads
Total Toning (Flex?)
Bodies in Motion (Flex?)
10:30 **TED Talk**
Breathe/Stretch (Flex?)
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
2:00 **Variety Plus**
2:30 Diabetes Support

21 Chair Yoga (Flex?)
10:00 Ceramics
Body Works (Flex?)
10:30 **Worldly Book Tour**
12:15 Duplicate Bridge
Mixed Watercolor (Flex?)
1:30 Berlin & The Exodus, 5
2:30 **Dance for Your Health**
Mandolin Class (Flex?)

22 Zumba Gold (Flex?)
9:45 Beginners Bridge
Boot Camp (Flex?)
10:30 Harmonica
10:30 **Continental Chat**
11:00 Intermediate Bridge
Watercolor Exp. (Flex?)
12:30 Bonnie's Kids
1:00 Table Tennis
1:30 Word Processing, Pt.2
2:00 **Art of the Masters**

25
Income Tax By Appt.
9:00 SHAPE IT UP (LD)
9:30 Drop-In Bridge
10:00 Move & Groove (LD)
10:00 Fun with Yiddish
11:15 Yang Tai Chi (LD)
1 Yarn It / Games / T. Tennis
1:00 **Life's Support Series**
2:00 **1970's Acoustic Hits**

26 9:00 Chorus/ Games
Body Works (Flex?)
Triple 15 (Flex?)
10:30 **Right-Sizing**
POUND (Flex?)
12:00 Chess-Mates
1:00 T. Tennis
1:30 **Science: Robotics/A.I.**
2:00 **Michael & Ted Present**

27 **Income Tax, By Appt.**
9:00 H. Bones Grads
Total Toning (Flex?)
Bodies in Motion (Flex?)
Breathe/Stretch (Flex?)
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
2:00 **Chef Lori Presents**
2:00 Caregivers Support

28 Chair Yoga (Flex?)
10:00 Ceramics
Body Works (Flex?)
10:30 **The Mind Diet**
11:30 **The Inventors**
12:15 Duplicate Bridge-
Mixed Watercolor (Flex?)
1:30 **Agents of Change**
Mandolin Class (Flex?)

29 Zumba Gold (Flex?)
9:45 Beginners Bridge
Boot Camp (Flex?)
10:30 Harmonica
10:30 **Bad Brain Habits**
11:00 Intermediate Bridge
Watercolor Exp. (Flex?)
1:00 Table Tennis
1:30 Word Processing, Pt.3
2:00 **On an Exhibition**