

# MARCH 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts <b>1:30-3:00</b> <b>HORTICULTURAL THERAPY</b> 5:30 Tap Dancing	2 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF  <b>4-6 TKD Testing</b>
5 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix  2:30-3:30 Tap Dancing 6:00 Line Dancing	6 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts <b>11:30 GARDEN CLUB</b> 1:30-3:00 Painting Pals	7 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall/Tai-Chi 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix	8 9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts  5:30 Tap Dancing	9 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
12 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix <b>1:30-3:00 Thread, Yarn, Crochet &amp; Coffee</b> 2:30-3:30 Tap Dancing 6:00 Line Dancing	13 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 1:30-3:00 Painting Pals <b>1:30-3:00 HORTICULTURAL THERAPY</b>	14 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11/12 Fall/Tai-Chi 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix <b>1:30 Crawfish Design w/Lisa Spurlock</b>	15 <b>*9-11 Oil Painting</b> 9-10 Fitness for Everyone 10-11 Martial Arts  5:30 Tap Dancing	16 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
19 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 2:30-3:30 Tap Dancing 6:00 Line Dancing	20 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts  1:30-3:00 Painting Pals	21 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall/Tai-Chi 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix	22 <b>9-11 Oil Painting</b> 9-10 Fitness for Everyone 10-11 Martial Arts  <b>1-4 Bridge</b> 5:30 Tap Dancing	23 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
26 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix <b>1:30-3:00 Thread, Yarn, Crochet &amp; Coffee</b> 2:30-3:30 Tap Dancing 6:00 Line Dancing	27 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 1:30-3:00 Painting Pals <b>1:30-3:00 HORTICULTURAL THERAPY</b>	28 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise  12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix	29 <b>9-11 Oil Painting</b> 9-10 Fitness for Everyone 10-11 Martial Arts  5:30 Tap Dancing	30 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF