

# MARCH 2026

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 8 - H.O.P.E. (library) 1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$	8:30 Strength - Kelly (activity room) 9:00-2:00 AARP TAX Service (double classroom) 9:00 Spanish 1 - Nelida (library/ ZOOM) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$ 11:15 Chair, Stretch & Tone - Helen (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna ZOOM 10:00 Bone Density Screening (library) 10:00 Hearing Lecture (double Classroom) 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:00 Meditation Class-Ed (activity room) 2:50 International Ballroom	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:15 Strength - Linda (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna ZOOM 1:00 Ms. Senior America (activity room)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 9- H.O.P.E. (library) 1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$	8:30 Strength - Kelly (activity room) 9:00-2:00 AARP TAX Service (double classroom) 9:00 Spanish 1 - Nelida (library/ ZOOM) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$	8:15 Walking (double classroom) 09:00 Glucose Screening 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:00 Meditation Class-Ed (activity room) 2:50 International Ballroom	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga -Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:15 Strength - Linda (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna ZOOM
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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<b>30</b>	<b>31</b>			
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