


Monday	Tuesday	Wednesday	Thursday	Friday
<p>March 2017</p> 		<p>8:00 Walking Group 8:30 Tai Chi Chuan 8:30 Beginners' Tai Chi Practice 9:00 Line Dance Lessons 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 1:00 VITAS Bereavement Support Group</p> <p>1</p>	<p>9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Income Tax Assistance Program 4:30 Karaoke Up!</p> <p>2</p>	<p>8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Blood Pressure Checks 10:00 Photography & More 10:30 Gentle Yoga & Pilates 10:30 Diabetes Support Group 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny</p> <p>3</p>
<p>8:00 Walking Group 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 9:00 & 12:30 Medicare Counseling - HICAP 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Table Tennis 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Caring Companions 1:00 Chess 3:00 German Conversation Group</p> <p>6</p>	<p>9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p> <p>7</p>	<p>8:00 Walking Group 8:30 Tai Chi Chuan 8:30 Beginners' Tai Chi Practice 9:00 Line Dance Lessons 10:30 Gentle Yoga & Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 1:00 VITAS Bereavement Support Group</p> <p>8</p> <p>No Our World today.</p>	<p>9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 11:30 Lunch - SeniorServ 12:00 Income Tax Assistance Program 12:15 Legal Aid</p> <p>9</p>	<p>8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Korean Parkinson's Support Group 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Sully"</p> <p>10</p>
<p>8:00 Walking Group 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 9:00 Medications Review Clinic 10:30 Korean Folk Song Class 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 Health: "Over-the-Counter Medicines" 3:00 German Conversation Group No Gentle Yoga & Pilates this week.</p> <p>13</p>	<p>9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p> <p>14</p>	<p>8:00 Walking Group 8:30 Tai Chi Chuan 8:30 Beginners' Tai Chi Practice 9:00 Line Dance Lessons 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 1:00 VITAS Bereavement Support Group</p> <p>15</p>	<p>9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 10:45 Second Harvest: CalFresh Information 11:30 Lunch - SeniorServ 12:00 Income Tax Assistance Program 1:00 Senior Club Board Meeting</p> <p>16</p>	<p>8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Blood Pressure Checks 10:00 Photography & More 10:00 SeniorServ St. Patrick's Day Dance 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Florence Foster Jenkins"</p> <p>17</p>
<p>8:00 Walking Group 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 9:00 & 12:30 Medicare Counseling - HICAP 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 3:00 German Conversation Group</p> <p>20</p>	<p>9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p> <p>21</p>	<p>8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 9:00 Healthier Living Series (1 of 6) 9:00 CalFresh Food Assistance Enrollments 10:00 Our World 10:30 Gentle Yoga & Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 1:00 VITAS Bereavement Support Group</p> <p>22</p>	<p>9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:30 SeniorServ Birthdays 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class 12:00 Income Tax Assistance Program</p> <p>23</p>	<p>8:00 Walking Group 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Dear Eleanor"</p> <p>24</p>
<p>Same as Monday, March 20, except: Add: 9:30 CTAP Telephone Services Delete: HICAP Medicare Counseling Services</p> <p>27</p>	<p>Same as Tuesday, March 21, except: Add: 10:00 Reverse Mortgage Seminar</p> <p>28</p>	<p>Same as Wednesday, March 22, except: Add: 9:00 Carlsbad Village Trip Delete: 10:00 Our World</p> <p>29</p>	<p>Same as Thursday, March 23, except: Delete: SeniorServ Birthdays</p> <p>30</p>	<p>Same as Friday, March 24, except: Add: 12:30 Movie: "Loving" Delete: Bulletin Collation</p> <p>31</p>