



# well hello, march

## 2018



### Senior Movie Night

“The Bucket List” Friday 3/09/18 6:00PM

**1**

**THURSDAY**  
 SilverSneakers  
 Classic 10:00  
 Pickleball 9:00-12:00  
 Senior Spin 4:30pm  
 Yin Yoga 2:00  
 Card Club 1:00  
 LifeStream Lunch 11:30

**2**

**FRIDAY**  
 Senior Fit Mix 8:30  
 Judy & Sharon’s  
 Cardio Class 10  
 Ping pong 9 -12 pm  
 Pickleball 9-12 pm

**5**

**MONDAY**  
 Strength & Flex 8:30  
 Sarah’s Class 10:00  
 Ping pong 9 -12 pm  
 Pickleball 9-12 pm  
 Senior Spin 4:30pm  
 LifeStream Lunch 11:30

**6**

**TUESDAY**  
 SilverSneakers  
 Classic 10:00  
 Woodcarving 10 am  
 Knitting 10 am  
 Pickleball 9:00-12:00  
 LifeStream Lunch 11:30

**7**

**WEDNESDAY**  
 Boot Camp 8:30am  
 Sarah’s Class 10:00  
 Ping Pong 9-12 pm  
 Pickleball 9-12 pm  
 LifeStream Lunch 11:30  
 Craft Club 1-2  
 Senior Spin 4:30pm  
 Woodcarving 6:00 pm

**8**

**THURSDAY**  
 SilverSneakers  
 Classic 10:00  
 Pickleball 9:00-12:00  
 Senior Spin 4:30pm  
 Yin Yoga 2:00pm  
 LifeStream Lunch 11:30  
 Senior Spin 4:30pm

**9**

**FRIDAY**  
 Senior Fit Mix 8:30  
 Judy & Sharon’s  
 Cardio Class 10  
 Ping pong 9 -12 pm  
 Pickleball 9-12 pm  
 Senior Movie Night  
 “The Bucket List” 6pm

**March 12th-30th**

12

MONDAY

Strength& Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Spin 4:30pm  
LifeStream Lunch 11:30

13

TUESDAY

SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
LifeStream Lunch 11:30

14 WEDNESDAY

Boot Camp 8:30am  
Sarah's Class 10:00  
Pickleball/PingPong 9-12  
LifeStream Lunch 11:30  
Senior Spin 4:30pm

15

THURSDAY

SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Card Club 1:00-3:30  
Senior Spin 4:30pm  
Yin Yoga 2:00  
LifeStream Lunch 11:30

16

FRIDAY

Senior Fit Mix 8:30  
Judy & Sharon's  
Cardio Class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm

19

MONDAY

Strength& Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Spin 4:30pm  
LifeStream Lunch 11:30

20

TUESDAY

SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
LifeStream Lunch 11:30

21

WEDNESDAY

Boot Camp 8:30am  
Sarah's Class 10:00  
Ping Pong 9-12 pm  
Pickleball 9-12 pm  
LifeStream Lunch 11:30  
Craft Club 1-2  
Senior Spin 4:30pm  
Woodcarving 6:00 pm

22

THURSDAY

SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Senior Spin 4:30pm  
Yin Yoga 2:00  
LifeStream Lunch 11:30  
Bingo 1:00 - 3:00

23

FRIDAY

Senior Fit Mix 8:30  
Judy & Sharon's  
Cardio class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm

26

MONDAY

Strength& Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Spin 4:30pm  
LifeStream Lunch 11:30

27

TUESDAY

SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
LifeStream Lunch 11:30

28

WEDNESDAY

Boot Camp 8:30am  
Sarah's Class 10:00  
Ping Pong 9-12 pm  
Pickleball 9-12 pm  
LifeStream Lunch 11:30  
Senior Spin 4:30pm  
Woodcarving 6:00 pm

29

THURSDAY

SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Senior Spin 4:30pm  
Yin Yoga 2:00  
LifeStream Lunch 11:30  
Easter Carry-In @ 11:00

30

FRIDAY

Senior Fit Mix 8:30  
Judy & Sharon's  
Cardio class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm