



well hello, march

2020

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MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping Pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm

LifeStream Lunch 11:30

3

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:30

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WEDNESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
Senior Spin 3:30pm

LifeStream Lunch 11:30

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THURSDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

Card Club 1-3:30

LifeStream Lunch 11:30

6

FRIDAY

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

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MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping Pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm

LifeStream Lunch 11:30

10

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:30

11

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm
Woodcarving 6:00 pm

LifeStream Lunch 11:30

12

THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00

LifeStream Lunch 11:30

13

FRIDAY

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

March 16th-31th

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MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping Pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm
LifeStream Lunch 11:30

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00



18

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Pickleball 9-12 pm
Ping Pong 9-12
Senior Spin 3:30pm
Craft Club 1-2
LifeStream Lunch 11:30

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9-12 pm
Card Club 1:00-3:30

LifeStream Lunch 11:30

20

FRIDAY

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

23

MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping Pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm
LifeStream Lunch 11:30

24

TUESDAY

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

25

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm
LifeStream Lunch 11:30
Woodcarving 6:00 pm

26

THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9-12 pm

LifeStream Lunch 11:30
Card Club 1-3pm

27

FRIDAY

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

30

MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping Pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm

LifeStream Lunch 11:30

31

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:30