

March 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:45-9:45 Tai Chi 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 "The Stories We Tell" 10:30 Beginner French 10:30 Low Vision Group 11:45- Lunch - Aloha Chicken Roast Beef & Cheese 12:45-1:45 Beyond Balance (pre-register) 1- NewsTalk 1 In Stitches 1 Scrabble 1-Mah Jongg 2- Yoga (chairs)</p>	<p>3</p> <p>9-10- Aerobics 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:45- Lunch Roast Turkey /Gravy Seafood Salad 1-Bingo 1:30 Swing Band</p>	<p>4</p> <p>9-12 Health Clinic 9-10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 11:45- Lunch- Stuffed Shells Turkey & Mozzarella 12-1 Tap-ercise 1 Movie- "Mama Mia" 1 Duplicate Bridge 1- SHINE pre-register</p>	<p>5</p> <p>10- Current Events/ Spkrs 10- Knitting 10 Art Appreciation 10:30- Mandarin Chinese 11:45- Lunch - Pork Rib/Gravy Breaded Chicken Pattie 11:45-12:45 Tai-Chi 12:30-2 Ald. Stephen Linsky 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>6</p> <p>9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30 Men's Health Club 10:30- Muscle Conditioning 11:45- Lunch- Crab Stuffed Fish Egg Salad Vic King- Piano 12- Chess Nuts 12-2 Legal Appts. 1-3:30 Drop-in Cmpt. Help 1 Chinese Painting (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg</p>
<p>9</p> <p>8:45-9:45 Tai Chi 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 "The Stories We Tell" 10:30 Beginner French 11:45- Lunch - Chicken Quarter/Cream Sauce Ham & Swiss 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 In Stitches 1 Scrabble 1-Mah Jongg 2- Yoga (chairs)</p>	<p>10</p> <p>9-10- Aerobics 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:45- Lunch Stuffed Cabbage Roast Beef & Cheese 1-Bingo 1:30 Swing Band</p>	<p>11</p> <p>9-12 Health Clinic 9-10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 11:45- Lunch- Hot Dog California Chicken Salad 12-1 Tap-ercise 1 Movie- "The Other Boleyn Girl" 1 Duplicate Bridge 1- SHINE pre-reg</p>	<p>12</p> <p>10- Current Events/ Spkrs 10- Knitting 10:30- Mandarin Chinese 11:45- Lunch - Pier #17 Fish Chef Salad 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>13</p> <p>9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- Macaroni & Cheese Seafood Salad Harold Kaswell- piano 12- Chess Nuts 1-3:30 Drop-in Cmpt. Help 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center-pre-reg.</p>
<p>16</p> <p>8:45-9:45 Tai Chi 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 "The Stories We Tell" 10:30 Beginner French 11:45- Lunch - Beef Steak Pattie 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 In Stitches 1 Scrabble 1-Mah Jongg 2- Yoga (chairs)</p>	<p>17</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 11:45- Lunch Corned Beef Stew St. Paddy's Day Party 1-Bingo 1:30 Swing Band</p>	<p>18</p> <p>9-12 Health Clinic 9-10:30 Chamber Music (canceled) 9-12- Pool Cues 9:30 - Fine Art Studio 11:45- Lunch- Orange Almond Chicken Roast Beef & Cheese 12-1 Tap-ercise 1 Movie- "Bernard & Doris" 1 Duplicate Bridge 1- SHINE</p>	<p>19</p> <p>10- Current Events/Spkrs 10- Knitting 10 Art Appreciation 10:30- Mandarin Chinese 11:45- Lunch - Turkey Veggie Pasta Bake Chicken Salad 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>20</p> <p>9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- Potatoe Crunch Fish Vegetarian Chef Salad Vic King- Piano 12- Chess Nuts 1-3:30 Drop-in Cmpt. Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg First Day of Spring</p>
<p>23</p> <p>8:45-9:45 Tai Chi 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 "The Stories We Tell" 10:30 Beginner French 11-12 PAC Meeting 11:45- Lunch - Chicken Kielbasa Roast Beef & Cheese 12:45-1:45 Beyond Balance- pre-register 1- NewsTalk 1 In Stitches 1 Scrabble 1 Mah Jongg 2- Yoga (chairs)</p>	<p>24</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 11:45- Lunch Baked Chicken/ Gravy Turkey Salad 1-Bingo 1:30 Swing Band</p>	<p>25</p> <p>9-12 Health Clinic 9-10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 10-11 Genealogy 10:30 Faces of History 11:45- Lunch- Crumb Topped Baked Fish California Chicken Salad 12-1 Tap-ercise 1 Movie- "The Memory-Keeper's Daughter" 1 Duplicate Bridge 1- SHINE</p>	<p>26</p> <p>10- Current Events/Spkrs 10- Knitting 10:30- Mandarin Chinese 11:45- Lunch - Beef Stew Ham & Cheese 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1 Food \$ense 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>27</p> <p>9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- Lasagna Tuna Salad Harold Kaswell-Piano 12- Chess Nuts 1-3:30 Drop-in Cmpt. Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1 FABB Center pre-reg.</p>
<p>30</p> <p>8:45-9:45 Tai Chi 9-12- Pool Cues 10 Computer Class Registration 10 Line Dance (pre-register) 10:30 "The Stories We Tell" 10:30 Beginner French 11:45- Lunch - Pot Roast/ Gravy Chicken Pattiw 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 In Stitches 1 Scrabble 1-Mah Jongg 2- Yoga (chairs)</p>	<p>31</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 11:45- Lunch Pier #17 Fish Roast Beef & Swiss Dialogue w/ Director 1-Bingo 1:30 Swing Band</p>			