


# GOSHEN SENIOR CENTER – MARCH 2018

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
|  |  |   | 3/1<br>Yoga: 9:30 -10:15<br>Seated Stretch & Release for seniors: 10:15<br>Aerobics: 11-12<br>Poker: 12 - 3   | 3/2<br>Yoga: 9:45 -10:45<br>Osteo exercise: 11 - 12<br>Poker: 12 – 3<br>Adult coloring: 1 - 3            |
| 3/5<br>Aerobics: 9 – 10<br>Yoga 10:30<br>Hooks & Needles: 10 – 12<br>Yoga 1 - 2<br>Mah Jongg: 2-4                      | 3/6<br>Belly Dance for Women: 10-10:45<br>Osteo exercise: 11 - 12<br>Lunchtime yoga: 12:15 - 1:15<br>Beginners Line Dancing 1:30 – 2:30  | 3/7<br>Move to be Fit: 9:45-10:45<br>Computer Q&A: 10 - 11<br>Yoga: 11 - 12<br>Bridge: 12 - 4<br>Poker: 12 - 3  | 3/8<br>Yoga: 9:30 -10:15<br>Seated Stretch & Release for seniors: 10:15<br>Aerobics: 11-12<br>Poker: 12 - 3   | 3/9<br>Yoga: 9:45 -10:45<br>Osteo exercise: 11 - 12<br>Poker: 12 – 3<br>Friday Quilters: 12:15 – 3:30    |
| 3/12<br>Aerobics: 9 – 10<br>Yoga 10:30<br>Hooks & Needles: 10 – 12<br><b>Senior Club meeting 1</b><br>Mah Jongg: 2-4   | 3/13<br>Belly Dance for Women: 10-10:45<br>Osteo exercise: 11 - 12<br>Lunchtime yoga: 12:15 - 1:15<br>Beginners Line Dancing 1:30 – 2:30 | 3/14<br>Move to be Fit: 9:45-10:45<br>Computer Q&A: 10 - 11<br>Yoga: 11 - 12<br>Bridge: 12 - 4<br>Poker: 12 - 3 | 3/15<br>Senior Commission 10<br><b>St. Patrick's Day Luncheon: 12 noon</b><br><br>Poker: 12 – 3 | 3/16<br>Yoga: 9:45 -10:45<br>Osteo exercise: 11 - 12<br>Poker: 12 – 3<br>Adult coloring: 1 - 3           |
| 3/19<br>Aerobics: 9 – 10<br>Yoga 10:30<br>Hooks & Needles: 10 – 12<br>Yoga 1 - 2<br>Mah Jongg: 2-4                     | 3/20<br>Belly Dance for Women: 10-10:45<br>Osteo exercise: 11 –12<br>Lunchtime yoga: 12:15-1:15<br>Beginners Line Dancing 1:30 – 2:30    | 3/21<br>Move to be Fit: 9:45-10:45<br>Computer Q&A: 10 - 11<br>Yoga: 11 - 12<br>Bridge: 12 - 4<br>Poker: 12 - 3 | 3/22<br>Yoga: 9:30 -10:15<br>Seated Stretch & Release for seniors: 10:15<br>Aerobics: 11-12<br>Poker: 12 – 3<br><b>Make &amp; Take Crafts: 12:30-2</b>                              | 3/23<br>Yoga: 9:45- 10:45<br>Osteo exercise: 11 – 12<br>Women's book discussion: 11 - 1<br>Poker: 12 – 3 |
| 3/26<br>Aerobics: 9 – 10<br>Yoga 10:30<br>Hooks & Needles: 10 – 12<br><b>Senior Club meeting 1</b><br>Mah Jongg: 2 - 4 | 3/27<br>Belly Dance for Women: 10-10:45<br>Osteo exercise: 11 –12<br>Lunchtime yoga: 12:15-1:15<br>Beginners Line Dancing 1:30 – 2:30    | 3/28<br>Move to be Fit: 9:45-10:45<br>Computer Q&A: 10 - 11<br>Yoga: 11 - 12<br>Bridge: 12 - 4<br>Poker: 12 - 3 | 3/29<br>Yoga: 9:30 -10:15<br>Seated Stretch & Release for seniors: 10:15<br>Aerobics: 11-12<br>Poker: 12 - 3  | 3/30<br>Yoga: 9:45 -10:45<br>Osteo exercise: 11 - 12<br>Poker: 12 – 3                                    |

**\*Goshen Seniors wishing to participate in the St. Patrick's Day Luncheon on Thursday March 15<sup>th</sup> at 12:00 please see Bonnie NO LATER THAN FRI MARCH 9<sup>th</sup> as advance reservations are a must!!!**