



833-0082...Joanne Youngblood, Activities Director

833-7080 ... Administration Office

831-2520 ... Advocacy Department

S M T W T F S



4 NO MEAL CENTER CLOSED

5
 9-10 EnhanceFitness Exercise
 9-11 Exercise Room With Coach
 9-12 Alteration Services
 9:30-12:30 The Foot Doctor
 9:30-2:30 Hair Cuts
 10-11 Hustle Dance Class
 10-11 St. Pat's Book Club
 10-11:30 Inspiration & Fellowship
 10:30-11:30 Membership & ID
 1:15 Bingo
 1:15 Color Me Calm (Brain Game)

6
 8:30-10:30 Riverwalkers
 9-10 Mat Yoga
 9-12 Exercise Room with Coach
 9:30-2:30 Hair Cuts
 No Tech Time
 10:30 Diabetes Prevention Class
 11-11:00 Meditation
 1-2 Ice Cream Social
 1:15 EnhanceFitness Exercise

7
 9-10 Yoga Class
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 10-11 Belly Dance Class
 10-11:30 Fruit & Veggies Sale
 10:30-2 Hair Salon
 1:15 Brain Games By: Health Source Home Care
 1:30-2:30 Membership & ID
 1:30-2:30 Stepping Dance Class

8 Meal Sponsored By: MGM
 8:30-10:30 Riverwalkers
 9:30 Ballroom Dance Class
 No Tech Time
 10-11:30 Fruit & Veggies Sale
 10-12 Craft Club
 10:45-11:45 Zumba Gold
 11:00-11:30 Meditation
 1:30 MGM Giveaway (Members Only)

9
 9:15-10:15 Tai Chi Class
 9-11 Water Aerobics
 9:30-11:30 Show Me The Money
 10-11 Hustle Dance Class
 10-12 Gospel Choir Rehearsal
 10:30-11:30 Membership & ID
 1:15 EnhanceFitness Exercise

10 NOON MEAL BY: Divine Child
 9-10 Beginners Hustle
 10-11 Beginners Hustle
 11-12 Drum Cardio

11 Daylight Savings Time Starts NOON MEAL BY: Our Lady of Sorrow

12
 9-10 EnhanceFitness Exercise
 9-11 Exercise Room With Coach
 9-12 Alteration Services
 9:30-2:30 Hair Cuts
 10-11 Hustle Dance Class
 10-11 St. Pat's Book Club
 10-11:30 Inspiration & Fellowship
 10:30-11:30 Membership & ID
 1:15 Have You Had The Talk?

13 Birthday Celebration
 8:30 -10:30 Riverwalkers
 9-10 Mat Yoga
 9-12 Exercise Room with Coach
 9-12 Free Chair Massage
 9:30-2:30 Hair Cuts
 10-12 Birthday Jewelry Sale
 10:15-11:15 Round Dance Class
 10:30 Diabetes Prevention Class
 10:30-11:30 Tech Time (Madonna)
 10:30-11:30 Passport to Health
 11-11:30 Meditation
 1:15 EnhanceFitness Exercise
 1:15 Wii-Fit Balance & Health (Madonna)
 1:15 Membership Meeting

14
 9-10 Yoga Class
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 10-11 Belly Dance Class
 10-11:30 Fruit & Veggies Sale
 10-2 Reflexologist
 10:30-2 Hair Salon
 11-12 Ballroom Dance Class
 1:30 Stepping Dance Class
 1:30-2 New Member Orientation
 1:30-2:30 Membership & ID

15
 8:30-10:30 Riverwalkers
 9:30 Ballroom Dance Class
 No Tech Time
 10-11:30 Fruit & Veggies Sale
 10-12 Craft Club
 10:45-11:45 Zumba Gold
 11-11:30 Walk with Ease (Riverwalkers Welcome)
 11:00-11:30 Meditation
 1:15 Pre-St. Patrick's Day Dance

16
 9:15-10:15 Tai Chi Class
 9-11 Water Aerobics
 10-11 Hustle Dance Class
 10-12 Gospel Choir Rehearsal
 10:30-11:30 Membership & ID
 1:15 EnhanceFitness Exercise

17 St. Patrick's Day NOON MEAL BY: Korean Group
 9-10 Beginners Hustle
 10-11 Beginners Hustle
 11-12 Drum Cardio

18 NO MEAL CENTER CLOSED

19
 9-10 EnhanceFitness Exercise
 9-11 Exercise Room With Coach
 9-12 Alteration Services
 9:30-2:30 Hair Cuts
 10-11 Hustle Dance Class
 10-11 St. Pat's Book Club
 10-11:30 Inspiration & Fellowship
 10:30-11:30 Membership & ID
 1:15 Color Me Calm Brain Game)
 1:15 Hollywood 's Birthday Ice Cream Social Celebration

20
 8:30-10:30 Riverwalkers
 9-10 Mat Yoga
 9-12 Exercise Room with Coach
 9:30-2:30 Hair Cuts
 9:30-11:30 Depression Screening (Madonna)
 9:30 Tech Time (Madonna)
 9:30-11:30 Passport to Health (Madonna)
 10-12 Beading Jewelry Class
 10-2 Meet with the Nutritionist
 10:30 Diabetes Prevention Class
 11-11:30 Meditation
 1:15 EnhanceFitness Exercise
 1:15 Free Open Computer (Madonna)

21
 9-10 Yoga Class
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 10-11 Belly Dance Class
 10-11:30 Fruit & Veggies Sale
 10-2 Reflexologist
 10:30-2 Hair Salon
 11-12 Ballroom Dance Class
 1:30 Stepping Dance Class
 1:30-2:30 Membership & ID

22
 8:30-10:30 Riverwalkers
 9:30 Ballroom Dance Class
 9:30-11:30 Tech Time
 9:30-11:30 Passport to Health
 10-11:30 Fruit & Veggies Sale
 10-12 Craft Club
 10:30-11:30 Show Me The Money
 10:45-11:45 Zumba Gold
 11:00-11:30 Meditation
 1:15 Bingo

23
 9:15 10:15 Tai Chi Class
 9-11 Water Aerobics
 10-11 Hustle Dance Class
 10-12 Gospel Choir Rehearsal
 10:30-11:30 Membership & ID
 1:15 EnhanceFitness Exercise
 1:15-3:00 Open Computer Lab (Madonna Students)

24 NOON MEAL BY: St. Jane Frances
 9-10 Beginners Hustle
 10-11 Beginners Hustle
 11-12 Drum Cardio

25 Palm Sunday NO MEAL CENTER CLOSED

26
 9-10 EnhanceFitness Exercise
 9-11 Exercise Room With Coach
 9-12 Alteration Services
 9:30-2:30 Hair Cuts
 10-11 Hustle Dance Class
 10-11 St. Pat's Book Club
 10-11:30 Inspiration & Fellowship
 10:30-11:30 Membership & ID
 1:30 Gospel Celebration

27
 8:30-10:30 Riverwalkers
 9-10 Mat Yoga
 9-12 Exercise Room with Coach
 9-2 Free Chair Massage
 9:30-2:30 Hair Cuts
 9:30-11:30 "Workout to Go "(Madonna)
 9:30-11:30 Tech Time (Madonna)
 9:30-11:30 Passport to Health Survey
 10-12 Beading Jewelry Class
 10:15-11:15 Round Dance Class
 10:30 Diabetes Prevention Class
 11:00-11:30 Meditation
 1:15 EnhanceFitness Exercise
 1:15-2:30 Passport to Health Survey

28 Breithaupt Career & Technical Center
 9-10 Yoga Class
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 10-11 Belly Dance Class
 10-11:30 Fruit & Veggies Sale
 10:30-2 Hair Salon
 10:30-12:30 Free Manicures By: Breithaupt Career Technical
 1-2 Free Manicures By: Breithaupt Career Tech
 11-12 Ballroom Dance Class
 1:30-2:30 Membership & ID

29
 8:30-10:30 Riverwalkers
 9:30 Ballroom Dance Class
 9:30-11:30 Tech Time
 9:30-11:30 Passport To Health Pre-Post Survey
 10-11:30 Fruit & Veggies Sale
 10-12 Craft Club
 11:00-11:30 Meditation
 No Zumba Gold
 1:15 Card Games

30 Good Friday CENTER CLOSED NO WATER AEROBICS

31 El Bethel NOON MEAL BY: 9-10 Beginners Hustle 10-11 Beginners Hustle 11-12 Drum Cardio