Twin Pines Senior & Community Center March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Bread Program 9:40 Video Aerobics 10:00 Italian Conversation 10:00 Spanish Conversation 11:00 Inter.Tai Chi (R) **1:00 Book Club** 1:00 Beat Arthritis (R) 2:00 French Chat	**3** 9:00 Japanese Class 9:30 Walking Group **10:00 American Line Dancing (R)** 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	**4** 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Mexican Train Dominoes **2:00 Exploring Retirement**	**5** 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movmnt (S) 10:00 Color Me Calm 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:30 Throwback Movie 12:30 Bridge	**6** 9:30 Chair Yoga 10:00 Mindful Meditation 11:00 Mandarin Class 12:00 Mandarin Chat 12:00 BINGO 1:00 Chinese Mahjong
9 9:00 Bread Program 9:40 Video Aerobics **10:00 Ukulele Sing Along** 10:00 Italian Conversation 10:00 Spanish Conversation 1:00 Beat Arthritis (R) 2:00 French Chat	**10** 9:00 Japanese Class 9:30 Walking Group **10:00 American Line Dancing (R)** 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Foreign Film 12:30 Crafts Group 12:30 Pedro Card Game 1:00 Sewing & Quilting Group	**11** 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 10:30 Sensible Yoga (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Hand & Foot	**12** 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movmnt (S) 11:00 Beat Arthritis (R) **11:30 Birthday Lunch (S)** 12:30 Throwback Movie 12:30 Bridge	**13** 9:30 Chair Yoga 10:00 Mindful Meditation 10:15 Sensible Yoga (R) 11:00 Mandarin Class 12:00 Mandarin Chat 1:00 Chinese Mahjong
16 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Conversation 10:00 Italian Conversation 11:00 Inter.Tai Chi (R) 1:00 Beat Arthritis (R) 2:00 French Chat	**17** 9:00 Japanese Class **9:30 Blood Pressure Clinic** 9:30 Walking Group **10:00 Senior Club Meeting** 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	**18** 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:30 Sensible Yoga (R) 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Mexican Train Dominoes	**19** 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movmnt (S) **10:00 Stress Reduction (S)** 10:00 Color Me Calm 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:30 Throwback Movie 12:30 Bridge	**20** 9:30 Chair Yoga 10:00 Mindful Meditation 10:15 Sensible Yoga (R) 11:00 Mandarin Class 12:00 Mandarin Chat 12:00 BINGO 1:00 Chinese Mahjong
23 ********** ~~9:00 Bread Program~~ ~~9:40 Video Aerobics~~ ~~**10:00 Stamp Collectors**~~ 10:00 Spanish Conversation 10:00 Italian Conversation 11:00 Inter.Tai Chi (R) 1:00 Beat Arthritis (R) 2:00 French Chat	**24** ********** 9:00 Japanese Class 9:30 Walking Group **10:00 American Line Dancing (R)** 10:30 Chinese Mahjong ~~11:30 Lunch Program (S)~~ ~~12:30 Foreign Film~~ 12:30 Crafts Group 12:30 Pedro Card Game 1:00 Sewing & Quilting Group	**25** ~~8:45 Strength Training *~~ ~~9:00 Bread Program~~ ~~9:40 Video Aerobics~~ 10:00 Spanish Class 10:30 Sensible Yoga (R) 10:30 Zumba Gold (R) ~~11:30 Lunch Program (S)~~ 11:30 German Conversation ~~12:30 New Movie~~ 1:00 Hand & Foot	**26** ********** 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movmnt (S) 11:00 Beat Arthritis (R) ~~11:30 Lunch Program (S)~~ ~~12:30 Throwback Movie~~ 12:30 Bridge	**27** ********** 9:30 Chair Yoga ~~9:30 Pickleball~~ 10:00 Mindful Meditation 10:15 Sensible Yoga (R) ~~11:30 Open Ping Pong~~ 1:00 Chinese Mahjong

***Activities will be cancelled or changing location this week due to the Paint Project. Please see Newsletter cover or list for updated list.**

(S) = Activity requires Signing up (R) = Activity requires Registration at Parks & Rec office (blank) = Activity is drop-in