

Twin Pines Senior & Community Center

March 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
(S) = Activity requires Signing Up (R) = Activity requires Registration at Parks & Rec office (blank) = Activity is drop-in						1 9:30 Walking Group 9:30 Canasta 10:00 Color Me Calm 10:00 Rosen Method Movement (S) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Variety Movie 12:30 Bridge 1:00 Art Group		2 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 12:00 BINGO 1:00 Chinese Mahjong	
Activities are subject to change. Please call 595-7444 to confirm.									
5 9:00 Bread Program 9:00 AARP Tax Assistance (S) 9:45 Video Exercise 10:00 Italian Chat 10:00 Spanish Chat 12:30 Tai Chi (R) 1:00 Book Club 1:00 Beat Arthritis (R) 2:00 French Chat		6 9:00 Beginner's Japanese 9:30 Walking Group 10:00 Music Appreciation 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group		7 8:45 Strength Training 9:00 Bread Program 9:45 Video Aerobics 10:00 Spanish Class 10:15 Yoga For All (R) 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S)		8 9:30 Walking Group 9:30 CHP Driving Seminar (S) 9:30 Canasta 10:00 Rosen Method Movement (S) 11:30 Mar Birthday Lunch (S) 12:15 Wii Bowling 12:30 Variety Movie* Pending 12:30 Bridge 1:00 Art Group		9 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 1:00 Chinese Mahjong 1:00 Table Tennis 1:00 Luck O' The Irish Dance	
12 9:00 Bread Program 9:00 AARP Tax Assistance (S) 9:45 Video Exercise 10:00 Ukulele Sing Along 10:00 Italian Chat 10:00 Spanish Chat 11:00 Tai Chi (R) 12:30 Tai Chi (R) 1:00 Beat Arthritis (R) 2:00 French Chat		13 9:30 Walking Group 9:00 Beginner's Japanese 10:00 Music Appreciation 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		14 8:45 Strength Training 9:00 Bread Program 9:45 Video Aerobics 10:00 Spanish Class 10:15 Yoga For All (R) 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie		15 9:30 Walking Group 9:30 Canasta 10:00 Rosen Method Movement (S) 10:00 Color Me Calm 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Variety Movie 1:00 Art Group		16 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 12:00 BINGO 1:00 Chinese Mahjong	
19 9:00 Bread Program 9:00 AARP Tax Assistance (S) 9:45 Video Exercise 10:00 Italian Chat 10:00 Spanish Chat 11:00 Tai Chi (R) 12:30 Tai Chi (R) 1:00 Beat Arthritis (R) 2:00 French Chat		20 8:30 Blood Pressure Clinic 9:00 Beginner's Japanese 9:30 Walking Group 10:00 Senior Club Meeting 10:00 Music Appreciation 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group		21 8:45 Strength Training 9:00 Bread Program 9:45 Video Aerobics 10:00 Spanish Class 10:15 Yoga For All (R) 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie		22 9:30 Walking Group 9:30 Canasta 10:00 Rosen Method Movement (S) 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Variety Movie 12:30 Bridge 1:00 Art Group		23 9:00 SENIOR SHOWCASE 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 1:00 Table Tennis 1:00 Chinese Mahjong	
26 9:00 Bread Program 9:00 AARP Tax Assistance (S) * 9:45 Video Exercise CANCELLED 10:00 Opinion Exchange w/ Jim Dunbar 10:00 Stamp Collectors 11:00 Tai Chi (R) 12:30 Tai Chi (R) 1:00 Beat Arthritis (R) * 2:00 French Chat*		27 9:00 Beginner's Japanese 9:30 Walking Group 10:00 Music Appreciation * 10:30 Chinese Mahjong 11:30 Lunch Program (S) CANCELLED 12:30 Foreign Film CANCELLED 12:30 Crafts Group 12:30 Pedro card game 1:00 Sewing & Quilting Group *		28 8:45 Strength Training CANCELLED 9:00 Bread Program 9:45 Video Aerobics CANCELLED 10:00 Spanish Class 10:15 Yoga For All (R) 10:30 Zumba Gold (R) *PENDING 11:30 German Conversation 11:30 Lunch Program (S) CANCELLED 12:30 New Movie		29 9:30 Walking Group 9:30 Canasta 10:00 Rosen Method Movement (S) 11:00 Beat Arthritis (R) * 11:30 Lunch Program (S) CANCELLED 12:15 Wii Bowling 12:30 Variety Movie CANCELLED 12:30 Bridge CANCELLED 1:00 Art Group *		30 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 1:00 Chinese Mahjong 1:00 Table Tennis CANCELLED	

* = Classes will be moving location