



March 2024

Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> Please note Chair, Gentle Floor and Chair and standing Yoga sessions are on a 6 week hiatus as of the week of March 18. Please see details on page 4. Spring ahead your clocks before you go to bed on March 9 New floor renovations begin March 13 Centre's Show Case Friday March 22 Centre is closed on Good Friday, March 29 New Drawing course beginning Monday March 25 				1 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	2 10 a.m. Kripalu Yoga
4 9 a.m. Active Fit 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing	5 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Bridge Let's get fit 4:30 p.m. Kripalu Yoga	6 9 a.m. Active Fit 10 am Bridge lessons 10:15 a.m. /11:15 a.m. Gentle Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir 1:30 p.m. Life Lessons	7 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	8 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	9 10 a.m. Kripalu Yoga
11 9 a.m. Active Fit 10:30 a.m. Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts	12 10 a.m. Low Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	13 9 a.m. Active Fit 10 a.m. Bridge lessons 10:15 a.m. /11:15 a.m. Gentle Yoga 1 p.m. Cribbage 1 p.m. Mahjong No choir today	14 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	15 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours –cancelled 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	16 10 a.m. Kripalu Yoga
18 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Walk 'n Talk 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts	19 9:30 a.m. Oil Painting 10 a.m. Low Mobility 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	20 9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir 1:30 p.m. Book	21 8:30 a.m. Active Fit 10 a.m. Canasta 10:45a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	22 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. CENTRE'S SHOWCASE Afternoon activities cancelled.	23 10 a.m. Kripalu Yoga
25 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Drawing 1 p.m. Darts	26 9:30 am Oil Painting 10 a.m. Low Mobility 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	27 9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir	28 8:30 a.m. Active Fit 10 a.m. Canasta 10:45a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	29 Good Friday Centre Closed	30 10 a.m. Kripalu Yoga