

March Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15am: Site Council Meeting 9:45am: Meditation & Stress Reduction 10:00am: Cardio Light 11:00am: Chair Yoga 1:00pm: Strength Training	3 9:30am: Cardio 10:30am: Clay Dish Class (1/2) 11:00am: Healthy Brain with Dr. Hogan 1:00pm: Zumba Gold	4 9:30am: Cardio 10:30am: Beaded Necklace Class 11:00am: Bingo 1:00pm: Chair Yoga with Weights	5 9:30am: Tai Chi 10:00am: Marshalls, TJ Maxx, & Chow Time Field Trip* 10:30am: Game Time 1:00pm: Strength Training	6 9:30am: Cardio 9:30am: Water Exercise* 10:30am: Grocery Shopping at Kroger* 11:00am: Gwinnett Transit Presentation 1:00pm: Move with Mary
9 9:45am: Drumming 10:00am: Cardio Light 11:00am: Chair Yoga 1:00pm: Movie Monday Field Trip 1:00pm: Strength Training	10 9:30am: Cardio 10:30am: Clay Dish Class (2/2) 11:00am: All About Soy 1:00pm: Zumba Gold	11 9:30am: Cardio 9:30am: Water Exercise* 11:00am: Women's History Month Trivia 1:00pm: Chair Yoga with Weights	12 9:30am: Tai Chi 10:30am: Basic Drawing Exercises 11:00am: Bingo 1:00pm: Strength Training	13 9:30am: Cardio 10:30am: Beadmaking Class 10:30am: Grocery Shopping at Nam Dae Mun Farmers Market* 11:00am: Friday Funday with Be Active Gwinnett 1:00pm: Move with Mary
16 9:45am: Meditation & Stress Reduction 10:00am: Cardio Light 11:00am: Chair Yoga 1:00pm: Strength Training	17 9:30am: Cardio 10:30am: Saint Patrick's Day Party 1:00pm: Zumba Gold	18 9:30am: Cardio 10:30am: Narrow Boat Rose Painting Class 11:00am: Bingo 1:00pm: Chair Yoga with Weights	19 9:30am: Tai Chi 10:30am: Gwinnett Council for Seniors Meeting 11:00am: "Food Safety: It's In Your Hands" 1:00pm: Strength Training	20 9:30am: Cardio 9:30am: Water Exercise* 10:30am: Grocery Shopping at Walmart* 11:00am: Brain Teasers 1:00pm: Move with Mary 1:45pm: Cooking Class
23 9:45am: Drumming 10:00am: Cardio Light 11:00am: Chair Yoga 1:00pm: Movie Monday Field Trip 1:00pm: Strength Training	24 9:30am: Cardio 10:30am: Game Time 11:00am: Lunch at Lavender Asian Bistro* 1:00pm: Zumba Gold	25 9:30am: Cardio 9:30am: Water Exercise* 11:00am: Bingo 1:00pm: Chair Yoga with Weights	26 9:30am: Tai Chi 10:30am: Basic Drawing Exercises 11:00am: Monthly Birthdays Party with DJ Cox 1:00pm: Strength Training	27 9:30am: Cardio 10:30am: Grocery Shopping at Food Depot* 11:00am: Safety Presentation with Officer Mesa 1:00pm: Move with Mary
30 9:30am: Spring Bonnet Door Decor Craft 10:00am: Cardio Light 11:00am: Chair Yoga 1:00pm: Strength Training	31 9:30am: Cardio 10:30am: Aboriginal Dot Painting (1/2) 11:00am: Bingo 1:00pm: Zumba Gold			Disclaimer Activities are free (unless indicated) and optional. *Self-Pay **Evidence-Based Program