



March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 BINGO with Visiting Angels	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 11:30 Fat Tuesday Coffee, King Cake & Bingo 12:00 Intro. to Spanish 1:00 Line Dancing 12:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
10	11	12	13	14
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes 1:00 Step-By-Step Painting	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
17	18	19	20	21
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 MOVIE MONDAY Mufasa - The Lion King	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Lessons of Art 11:30 Lunch & Learn "What does Quality of Life mean to you?" with Baptist Hospice 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 "Spring Into the 50's and Name That Tune!! with Humana"	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$10 12:00 Dominoes
24	25	26	27	28
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
31				
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Line Dancing				

*Purple –RSVP Required *Blue – Fitness Classes *Red – Fee Required

Fitness Class Descriptions

Sit & Be Fit (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
Cardio Combo! (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
Beginner Yoga	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
Tai Chi (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.

Activities

Lessons of Art Art & Friends	Join our instructor to learn the fundamentals of art and then come and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
Bible Study	A meaningful time of Christian fellowship with a guided, nondenominational Bible lesson.
Bingo with Visiting Angels	Come and celebrate our January birthdays with a FUN game of BINGO! Filled with prizes and birthday sweets!
Book Club	<i>The Three Lives of Cate Kay</i> by Kate Fagan
Bridge	We have two Bridge groups active: Experienced Bridge and Beginner Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Hand and Foot Dominoes	All cards and games are open to all levels. If you are not sure how to play, come and sit alongside an experienced player to learn.
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. All levels welcome.
Intro. to Spanish Spanish I Spanish II	You will learn the very basics of the Spanish language such as pronunciation and grammar and practical vocabulary. And when you're ready, you can graduate to Spanish I & II!!
Fat Tuesday Bingo Celebration	Join our friends from Traditions Health for a Fat Tuesday Celebration complete with coffee, king cake and a FUN game of Mardi Gras BINGO! Don't forget to wear your purple, green and gold!!
Line Dancing	Line Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. All levels welcome!!
Spring Into the 50's & Name That Tune!	It's officially the first day of Spring! Let's celebrate with a fun game of Name That Tune! Along with our friends from Humana, we'll SPRING into the 50's and test your skills! Snacks and prizes so don't miss it!!
Lunch & Learn	When you think of “Quality of Life” what does that look like to you? Join Baptist Hospice for an insightful Lunch & Learn.
Movie Monday	<i>Mufasa – The Lion King</i>
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Step-By-Step Painting	Come be the artist you never thought you could be! Natalie with Covenant Caregivers will take you step-by-step as you paint your very own perfect piece of art!
Vet to Vet Cafe	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet to Vet Café on Thursday, January 9 th at 9:30am. The Vet to Vet Café will meet the 2 nd Thursday of each month at 9:30am. Breakfast will be served.