

March 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <p>OPEN DAILY</p> <p>Lakeside Café 7:30a – 10:30a Billiards/Dominos & Gym 7:30a 4:00p</p> | | <p>OPEN TUESDAY - THURSDAY</p> <p>Game Room Room 109 7:30a - 4:00p</p> | | <p>1</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Sign Language 124 9:00 Crochet* 121 10:30 Yoga 107 12:00 Bridge* 109 1:00 Health Ed. - Medical 107 2:00 Movie 124</p> |
| <p>4</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Pottery Painting 118 9:00 Crochet* 121 10:30 Yoga 107 12:00 Bridge* 109 12:00 Martial Arts 107 1:00 Ballroom Dance 108</p> | <p>5</p> <p>9:30 Drawing 122 10:30 Music Theory 102 11:00 Tai Chi 107 12:00 Choir 102 12:30 Line Dancing 107 1:00 Zumba Gold 108</p> | <p>6</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Pottery Painting 118 9:00 Crochet* 121 10:30 Spanish 1 124 11:30 Spanish 2 102 11:30 Music Hour 107 1:00 Martial Arts 123 2:00 Technology 2</p> | <p>7</p> <p>9:30 Painting 122 10:00 Technology 1 123 11:00 Tai Chi 107 12:30 Line Dancing 107 1:00 Zumba Gold 108 3:00 Lecture - Roy West 107</p> | <p>8</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Sign Language 124 9:00 Crochet* 121 10:30 Yoga 107 12:00 Bridge* 109 1:00 Health Ed. - Nutrition 107 2:00 Movie 124</p> |
| <p>11</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Pottery Painting 118 9:00 Crochet* 121 10:30 Yoga 107 12:00 Bridge* 109 12:00 Martial Arts 107 1:00 Ballroom Dance 108</p> | <p>12</p> <p>9:30 Drawing 122 10:30 Music Theory 102 11:00 Tai Chi 107 12:00 Choir 102 12:30 Line Dancing 107 1:00 Zumba Gold 108</p> | <p>13</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Pottery Painting 118 9:00 Crochet* 121 10:30 Spanish 1 124 11:30 Spanish 2 102 11:30 Music Hour 107 1:00 Martial Arts 123 2:00 Technology 2</p> | <p>14</p> <p>9:30 Painting 122 10:00 Technology 1 123 11:00 Tai Chi 107 12:30 Line Dancing 107 1:00 Zumba Gold 108 2:00 Book Club* 124</p> | <p>15</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Sign Language 124 9:00 Crochet* 121 10:30 Yoga 107 12:00 Bridge* 109 1:00 Health Ed. - Medical 107 2:00 Movie 124</p> |
| <p>18</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Pottery Painting 118 9:00 Crochet* 121 10:30 Yoga 107 12:00 Bridge* 109 12:00 Martial Arts 107 1:00 Ballroom Dance 108</p> | <p>19</p> <p>9:30 Drawing 122 10:30 Music Theory 102 11:00 Tai Chi 107 12:00 Choir 102 12:30 Line Dancing 107 1:00 Zumba Gold 108</p> | <p>20</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Pottery Painting 118 9:00 Crochet* 121 10:30 Spanish 1 124 11:30 Spanish 2 102 11:30 Music Hour 107 1:00 Martial Arts 123 2:00 Technology 2</p> | <p>21</p> <p>9:30 Painting 122 10:00 Technology 1 123 11:00 Tai Chi 107 12:30 Line Dancing 107 1:00 Zumba Gold 108 3:00 Lecture - Quality Care 107</p> | <p>22</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Sign Language 124 9:00 Crochet* 121 10:30 Yoga 107 12:00 Bridge* 109 1:00 Health Ed. - Nutrition 107 2:00 Movie 124</p> |
| <p>25</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Pottery Painting 118 9:00 Crochet* 121 10:30 Yoga 107 12:00 Bridge* 109 12:00 Martial Arts 107 1:00 Ballroom Dance 108</p> | <p>26</p> <p>9:30 Drawing 122 10:30 Music Theory 102 11:00 Tai Chi 107 12:00 Choir 102 12:30 Line Dancing 107 1:00 Zumba Gold 108</p> | <p>27</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Pottery Painting 118 9:00 Crochet* 121 10:30 Spanish 1 124 11:30 Spanish 2 102 11:30 Music Hour 107 1:00 Martial Arts 123 2:00 Technology 2</p> | <p>28</p> <p>9:30 Painting 122 10:00 Technology 1 123 11:00 Tai Chi 107 12:30 Line Dancing 107 1:00 Zumba Gold 108 2:00 Book Club* 124</p> | <p>29</p> <p>8:00 Aerobics 107 9:00 Golden Inspirations* 108 9:00 Sign Language 124 9:00 Crochet* 121 10:30 Yoga 107 12:00 Bridge* 109 1:00 Health Ed. - Medical 107 2:00 Movie 124</p> |

* Social Group - Lakeside Center does not provide supplies