

# MARCH

# Mon

# Tue

# Wed

# Thu

# Fri

# Instructors

**Susanne Small**  
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Township Website:  
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**AARP**  
**Free**

**Tax-Assistance**  
by appointment only.  
Mondays and Fridays



**Every 2nd Tuesday**  
**Bloodpressure**  
**Clinic**

1  
10:00 Current Events  
Discussion Group  
**12:00 LUNCH**  
**Free Longevity,**  
**Vitality Workshop**  
**Reservations only**

2  
9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Jazz  
12:00 Knitting  
1:00 Woodcarving

**Monday:**  
**PILATES**  
Gina Pano  
Baumann  
**ZUMBA and Arthritis**  
**Chair Yoga Class**  
Mary Lee Costello

5  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

6  
10:00 Pinochle  
10:00 Line Dancing  
11:00 Aerobics  
12:00 Ballet  
12:15 Canasta  
1:00 Woodcarving

7  
10:00 ART GROUP  
10:00 Chair Yoga  
**NO YOGA**  
12:00 Body toning  
12:30 Watercolor  
12:30 Bridge

8  
10:00 Current Events  
Discussion Group  
11:00 Memoir Writing  
**12:00**  
**Senior Club Meeting**  
**BINGO**  
**Coffee and Cake**

9  
9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Jazz  
12:00 Knitting  
1:00 Woodcarving

**Tuesday**  
**Line Dancing**  
Helene Heschle  
**Aerobics**  
**and Ballet**  
Donna Baccaro



**Thursday, March 15.**  
**@ 12:00**  
**Lunch Presentation**  
**Hal Greenberg is**  
**Washington Irving**  
**Father Of American**  
**Letters**

12  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

13  
**10:30 Westchester Trip**  
10:00 Pinochle  
10:00 Line Dancing  
11:00 Aerobics  
12:00 Ballet  
12:15 Canasta  
1:00 Woodcarving  
**1:15 Bloodpressure Clinic**

14  
10:00 ART GROUP  
10:00 Chair Yoga  
11:00 YOGA  
12:00 Body toning  
12:30 Watercolor  
12:30 Bridge

15  
10:00 Current Events  
Discussion Group  
**12:00 BOX LUNCH**  
**Presentation:**  
**Washington Irving**  
**Sleepy Hollow**

16  
9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Jazz  
12:00 Knitting  
1:00 Woodcarving

**Wednesday:**  
**Chair Yoga**  
Diane Davis  
**Yoga**  
Margrit Eddy  
**Body-toning**  
Michelle Bufis

**Author Of**  
**The Legend of Sleepy**  
**Hollow**  
**Rip Van Winkle**  
**Reservations only**  
**BOX LUNCH**

19  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

20  
10:00 Pinochle  
10:00 Line Dancing  
11:00 Aerobics  
12:00 Ballet  
12:15 Canasta  
1:00 Woodcarving

21  
**10:00 Sr. Advisory Mtg**  
10:00 ART GROUP  
10:00 Chair Yoga  
11:00 YOGA  
12:00 Body toning  
12:30 Watercolor  
12:30 Bridge

22  
10:00 Current Events  
Discussion Group  
11:00 Memoir Writing  
**12:00**  
**Senior Club Meeting**  
**BINGO**  
**Coffee and Cake**

23  
9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Jazz  
12:00 Knitting  
1:00 Woodcarving

**Thursday**  
**Current Events**  
**Discussion**  
Phil McLewin  
Every 2nd and 4th  
Senior Club Meeting



26  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

27  
10:00 Pinochle  
10:00 Line Dancing  
11:00 Aerobics  
12:00 Ballet  
12:15 Canasta  
1:00 Woodcarving

28  
10:00 ART GROUP  
**10:00 Chair Yoga DVD**  
11:00 YOGA  
12:00 Body toning  
**NO Watercolor**  
12:30 Bridge

29  
10:00 Current Events  
Discussion Group

**30**  
**Good Friday**  
**Building**  
**Closed**

**Friday:**  
**Zumba**  
Shelley Capener  
**Yoga**  
MaryAnn Gebhardt  
**Jazz**  
Donna Baccaro