



MARCH 2018 SUPER SENIORS CALENDAR



Mon	Tue	Wed	Thu	Fri
Senior Center Hours: MWF 11:00 - 1:00 BYOL (Bring Your Own Lunch) & Come Play Cards See our Group Exercise Schedule for more land classes & full water class schedule!			1 9:00a Chair Fit 10:30 Tai Chi 11:00a Low Impact Water Fit	2 9-9:30a Chair Fit 9:30-10:30a Chair Yoga 11a-1pm Drop in Cards
5 8-9a Low Cardio/Pilates 9-10a Senior Breakfast , FREE! 9-9:30a Chair Fit 9:30-10:30a Chair Yoga 11a-1pm BYOL Drop in Cards	6 9:00a Chair Fit 10:30 Tai Chi 11:00a Low Impact Water Fit	7 8-9 a Senior Strength/Pilates 12p Lunch & Learn by Edward Jones Financial “Staying Calm When the Market Goes Wild” Free lunch! **	8 9:00a Chair Fit 10:30 Tai Chi 11:00a Low Impact Water Fit	9 9-9:30a Chair Fit 9:30-10:30a Chair Yoga 11a-1pm Drop in Cards
12 8-9a Low Cardio/Pilates 9-10a Senior Breakfast , FREE! 9-9:30a Chair Fit 9:30-10:30a Chair Yoga 11a-1pm BYOL Drop in Cards	13 9:00a Chair Fit 10:30 Tai Chi 11:00a Low Impact Water Fit	14 8-9 a Senior Strength/Pilates 11a-1pm BYOL & Drop in Crafting	15 9:00a Chair Fit 10:30 Tai Chi 11:00a Low Impact Water Fit	16 9-9:30a Chair Fit 9:30-10:30a Chair Yoga 12p St. Patty’s Day Lunch** Members Free! \$5 all others, bring a friend!!! (Please pre-register)
19 8-9a Low Cardio/Pilates 9-10a Senior Breakfast , FREE! 9-9:30a Chair Fit 9:30-10:30a Chair Yoga 11a-1pm BYOL Drop in Cards	20 9:00a Chair Fit 10:30 Tai Chi 11:00a Low Impact Water Fit	21 8-9 a Senior Strength/Pilates 11a-1pm BYOL & Drop in Crafting	22 9:00a Chair Fit 10:30 Tai Chi 11:00a Low Impact Water Fit	23 9-9:30a Chair Fit 9:30-10:30a Chair Yoga 12p Blake Lunch & Learn** “The Science of Aging” Free!
26 8-9a Low Cardio/Pilates 9-10a Senior Breakfast , FREE! 9-9:30a Chair Fit 9:30-10:30a Chair Yoga 11a-1pm BYOL Drop in Cards	27 9:00a Chair Fit 10:30 Tai Chi 11:00a Low Impact Water Fit	28 8-9 a Senior Strength/Pilates 11a-1pm BYOL & Drop in Crafting	29 9:00a Chair Fit 10:30 Tai Chi 11:00a Low Impact Water Fit 12:15p Senior Luncheon @ Anna Maria Oyster Bar**	30

Please pre-register at the front desk for luncheons & programs with **



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Tell your friends it's a great time to join the Y! **PAY THE DAY IN MARCH!** Join March 3rd through the 31st & "pay the day" for your first full month! **TRY THE Y! FREE ACCESS FOR ALL EVERY SATURDAY! OPEN HOUSE** on 3/17, 10a-1p