

March 2016

	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 8 Tues. AM Yoga 12:30 Lunch/Sing 11 Qi Gong</p> <p>7 Great Decisions</p>	<p>2 9-11 Hypertension 10 Ten Yrs. Younger 6-7 Tai Chi Class 7-9 An Invitation to the Opera 7:30 1st. Wed. Movie</p>	<p>3 10 Zumba for Srs. 11 Almost Chair Yoga 2 Sonnet Workshop 2:30 –4:30 Sculpture Workshop</p>	<p>4 10 Memory Tree</p> <p>2 Low Vision Support 6 Nora Armani Film Festival Preview 8 Breath Awareness</p>	<p>5 9 DanceFit Early 10 DanceFit Later 2 Movie: Suffragette</p>
6	<p>7 10 Stronger Seniors</p> <p>2:30 Writing Class 7-9 Liberty Salon</p>	<p>8 8 Tues. AM Yoga 11 Qi Gong 12:30 Lunch/Sing 7 Circle of Hands</p>	<p>9 10 Ten Yrs. Younger 11 String Quarter Concert 6 Tai Chi Class</p>	<p>10 10 Zumba for Srs. 11 Almost Chair Yoga 2:30-4:30 Sculpture 3 Later Life 7 MRHS Board</p>	<p>11 10 Memory Tree</p> <p>4-5:30 The Caring Majority Workshop 8 Breath Awareness</p>	<p>12 2 Movie: Joy Luck Club</p>
13	<p>14 10 Stronger Seniors</p> <p>7:30 Monday Night Discussion Group</p>	<p>15 8 Tues. AM Yoga 11 Qi Gong 12:30 Birthday Party 7 Circle of Hands</p>	<p>16 9-11 Hypertension 10 Ten Yrs. Younger 3 MRHS Book Club 6 Tai Chi 7 MRHS Annual Meeting</p>	<p>17 10 Zumba for Srs. 11 Almost Chair Yoga 2 Sonnet Workshop 2:30-4:30 Sculpture Workshop</p>	<p>18 10 Memory Tree</p> <p>8 Breath Awareness</p>	<p>19 2 Movie: A Ballerina's Tale</p>
20	<p>21 10 Stronger Seniors 2:30 Writing Class</p> <p>7 Monday Night Yoga</p>	<p>22 8 Tues. AM Yoga 10 Happy Surprises 11 Qi Gong 12:30 Lunch/Sing Along 7 Circle of Hands</p>	<p>23 10 Ten Yrs. Younger</p> <p>6 Tai Chi</p>	<p>24 10 Zumba for Srs 11 Almost Chair Yoga 2:30-4:30 Sculpture 2:30 Take Charge 7-9 Liberty Salon</p>	<p>25 10 Memory Tree</p> <p>2 Low Vision Support 8 Breath Awareness</p>	<p>26 2 Movie: Viridiana</p>
27	<p>28 10 Stronger Seniors</p> <p>7 Monday Night Yoga</p>	<p>29 8 Tues. AM Yoga 10 Happy Surprises 11 Qi Gong</p> <p>7 Circle of Hands</p>	<p>30 9-11 Hypertension 10 Ten Yrs. Younger 7:00 Neuroscience Wednesday</p>	<p>31</p>		