



March 10, 2019 - March 16, 2019



MT. PLEASANT SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>MAR 11</u></p> <p>7:00 AM FIVE RITES (EX. RM. C)</p> <p>8:00 AM ZUMBA (EX. A/B)</p> <p>8:30 AM PHYSICAL THERAPIST ON DUTY (W)</p> <p>9:00 AM BALANCE & STRETCH (EX. RM A/B)</p> <p>9:00 AM CHEESY GRITS MONDAY (CAFE)</p> <p>9:00 AM VISIT WITH MINDY (L)</p> <p>9:00 AM YIN YOGA (EX. RM C)</p> <p>9:30 AM TRIPLE PLAY CANASTA (L)</p> <p>10:00 AM COFFEE WITH A COP (C)</p> <p>10:00 AM KNIT-WITS KNITTING (A/C)</p> <p>10:00 AM MEDITATION (EX. C)</p> <p>10:00 AM STRENGTH TRAINING & WEIGHTS (Ex. AB)</p> <p>10:00 AM VETERAN'S CLUB & HISTORY PROJECT (A/C)</p> <p>11:00 AM CRIBBAGE (L)</p> <p>11:00 AM NIA (EX. C)</p> <p>12:00 PM LINE DANCE STEPS LEVEL 2 (EX. RM A/B)</p> <p>12:00 PM PILATES w/ Veronica (Ex. C)</p> <p>12:30 PM MEXICAN TRAIN DOMINOES (L)</p> <p>1:00 PM BINGO "BOONE HALL FARMS" (A/C)</p> <p>1:00 PM CHESS CLUB (L)</p> <p>1:00 PM CONTRACT BRIDGE (CARD)</p> <p>1:00 PM LINE DANCE LEVEL 3 (EX. A/B)</p> <p>1:00 PM PINOCHE (L)</p> <p>1:00 PM YOGA - GENTLE (EX. RM C)</p> <p>3:00 PM PHILOSOPHY (A/C)</p> <p>5:00 PM ACTIVE BODIES (EX. RM. A/B)</p> <p>6:00 PM BODYWORKS BY MARIE (EX. AB)</p>	<p><u>MAR 12</u></p> <p>7:00 AM FIVE RITES (EX. RM. C)</p> <p>7:00 AM TNT (EX. A/B)</p> <p>8:00 AM WALKER'S CLUB (LOBBY)</p> <p>8:00 AM ZUMBA (EX. A/B)</p> <p>9:00 AM YIN YOGA (EX. RM C)</p> <p>9:00 AM YIN YOGA (EX. RM C)</p> <p>9:30 AM BRIDGE (CARD)</p> <p>10:00 AM CHAIR YOGA (EX. RM C)</p> <p>10:00 AM MAH JONGG (L)</p> <p>10:00 AM RUGHOOKING (A/C)</p> <p>10:00 AM STRENGTH TRAINING & WEIGHTS (Ex. AB)</p> <p>11:00 AM YOGA (EX. RM. C)</p> <p>11:00 AM ZUMBA CHAIR (EX A/B)</p> <p>12:00 PM LUNCH BUNCH "EAST BAY DELI"</p> <p>12:30 PM MAH JONGG (L)</p> <p>1:00 PM BRIDGE Contract (L) Duplicate (Card)</p> <p>1:00 PM CHESS CLUB (L)</p> <p>1:00 PM YOGA (EX. RM. C)</p> <p>4:00 PM ACOUSTICS & INSTRUMENTALS (A/C)</p> <p>4:30 PM BOOK CLUB (L)</p> <p>5:00 PM ZUMBA TONING (EX. A/B)</p> <p>6:00 PM EXERCISE 101 (EX. RM. A/B)</p>	<p><u>MAR 13</u></p> <p>7:00 AM FIVE RITES (EX. RM. C)</p> <p>7:00 AM TNT (EX. A/B)</p> <p>8:00 AM ZUMBA (EX. A/B)</p> <p>9:00 AM BALANCE & STRETCH (EX. RM A/B)</p> <p>9:00 AM CONTRACT BRIDGE (CARD)</p> <p>9:00 AM YIN YOGA (EX. RM C)</p> <p>9:30 AM TRIPLE PLAY CANASTA (L)</p> <p>10:00 AM STRENGTH TRAINING & WEIGHTS (Ex. AB)</p> <p>10:00 AM TSMSCA FORUM - DR. BERNARD POWERS "INTERNATIONAL AFRICAN AMERICAN MUSEUM" (A/C)</p> <p>11:00 AM LINE DANCE LEVEL 4 (EX. RM. A/B)</p> <p>11:00 AM NIA (EX. C)</p> <p>11:00 AM PHYSICAL THERAPIST ON DUTY (W)</p> <p>12:00 PM BARRE (EX. C)</p> <p>12:00 PM WINTER POTLUCK SOCIAL (A/C)</p> <p>1:00 PM BID WHIST (CARD RM)</p> <p>1:00 PM CHESS CLUB (L)</p> <p>1:00 PM GOLD CHAIR (EX.B)</p> <p>1:00 PM YOGA - GENTLE (EX. RM C)</p> <p>1:30 PM COMPUTER ASSISTANCE (L)</p> <p>2:00 PM DOMINOES -RUMMIKUB- SCRABBLE (L)</p> <p>2:30 PM TAI CHI INTERMEDIATE (EX. A/B)</p> <p>3:00 PM CONTRACT BRIDGE (CARD)</p> <p>3:00 PM JEWELRY CLASS (A/C)</p> <p>5:00 PM SWEATIN' TO THEOLDIES (EX. RM. A/B)</p> <p>6:00 PM BODYWORKS BY MARIE (EX. AB)</p>	<p><u>MAR 14</u></p> <p>7:00 AM FIVE RITES (EX. RM. C)</p> <p>8:00 AM WALKER'S CLUB (LOBBY)</p> <p>8:00 AM ZUMBA (EX. A/B)</p> <p>9:00 AM ACRYLICS - INTERMEDIATE (A/C)</p> <p>9:00 AM BILLIARDS OPEN PLAY (L)</p> <p>9:00 AM BODY BLAST (EX. A/B)</p> <p>9:00 AM CONTRACT BRIDGE (CARD)</p> <p>9:00 AM YIN YOGA (EX. RM C)</p> <p>10:00 AM CHAIR YOGA (EX. RM C)</p> <p>10:00 AM MAHJONGG (L)</p> <p>10:00 AM PET THERAPY "VISIT WITH MAVERICK" (L)</p> <p>10:00 AM PI DAY - BRING A PIE TO SHARE! (LOUNGE)</p> <p>10:00 AM STRENGTH TRAINING & WEIGHTS (Ex. AB)</p> <p>11:00 AM INTERMEDIATE SPANISH (A/C)</p> <p>11:00 AM ZUMBA CHAIR (EX A/B)</p> <p>12:00 PM BEGINNER SPANISH (A/C)</p> <p>12:00 PM PILATES w/ Veronica (Ex. C)</p> <p>1:00 PM BINGO (A/C)</p> <p>1:00 PM CHESS CLUB (L)</p> <p>1:00 PM DUPLICATE BRIDGE (CARD)</p> <p>1:00 PM PINOCHE (L)</p> <p>1:00 PM YOGA (EX. RM. C)</p> <p>2:00 PM INTERMEDIATE TAP CLASS (EX. RM. A/B)</p> <p>3:00 PM RECORDER INSTRUMENT INT. (A/C)</p> <p>5:00 PM ACTIVE BODIES (EX. RM. A/B)</p> <p>6:00 PM EXERCISE 101 (EX. RM. A/B)</p>	<p><u>MAR 15</u></p> <p>7:00 AM FIVE RITES (EX. RM. C)</p> <p>7:00 AM TNT (EX. A/B)</p> <p>8:00 AM ZUMBA (EX. A/B)</p> <p>9:00 AM YIN YOGA (EX. RM C)</p> <p>9:30 AM TRIPLE PLAY CANASTA (L)</p> <p>10:00 AM STRENGTH TRAINING & WEIGHTS (Ex. AB)</p> <p>11:00 AM CARDIO DANCE & TONE (EX. RM. A/B)</p> <p>12:00 PM MAH JONGG (EX. C)</p> <p>12:00 PM PICKLEBALL BEGINNERS (EX. RM. A/B)</p> <p>1:00 PM "BLAST" FROM THE PAST (A/C)</p> <p>1:00 PM CHESS CLUB (L)</p> <p>1:00 PM DUPLICATE BRIDGE (Card)</p> <p>1:00 PM EUCHRE (L)</p> <p>1:00 PM PICKLEBALL GENERAL PLAY (EX. RM. A/B)</p> <p>3:00 PM HARMONICA CLUB (A/C)</p> <p>4:00 PM ACOUSTICS & INSTRUMENTALS (A/C)</p>	<p><u>MAR 16</u></p> <p>9:00 AM ZUMBA GOLD (EX. A/B)</p> <p>10:00 AM CONTRACT BRIDGE (CARD)</p> <p>10:00 AM YOGA "FLOW" (EX. C)</p> <p>11:00 AM LINE DANCE STEPS - LEVEL 2 (EX. A/B)</p> <p>12:00 PM LINE DANCE STEPS - LEVEL 1(Ex. A/B)</p>