

Corrales Senior Center

March 2019

11:00 **Blood Pressure Checks** every Wednesday

10:00 **Technology Tutoring** every Wednesday

First Thursday of the Month- **Birthday Cake**

Monday

Tuesday

Wednesday

Thursday

Friday

				1 8:30 & 9:30 Line Dance 2:00 Chair Tai Chi
4 8:30 Yoga 12:30 Bingo 3:30 Tai Chi	5 8:30 Zumba Gold 10:00 Spanish	6 8:15 and 9:30 Yoga 12:30 Bingo 3:15 Tai Chi	7 8:15 Hummingbird Trip 8:30 Zumba Gold 10:00 Project Linus 11-4 Veteran's Outreach 2:00 PWR! Group 3:15 Ukulele Jam	8 8:30 & 9:30 Line Dance 2:00 Chair Tai Chi
11 8:30 Yoga 12:30 Bingo 3:30 Tai Chi	12 8:30 Zumba Gold 10:00 Spanish 1:00 Grief Support Group	13 8:15 Fenton Lake Trip 8:15 and 9:30 Yoga 12:30 Bingo 3:15 Tai Chi	14 8:30 Zumba Gold 10:00 Project Linus 12:15 Re-Introducing You to You 2:00 Embroidery Machine Training	15 8:30 & 9:30 Line Dance 9:15 Sr Olympics Opening Ceremony Trip 2:00 Chair Tai Chi
18 8:30 Yoga 12:30 Bingo 3:30 Tai Chi	19 8:30 Zumba Gold 10:00 Spanish 2:00-3:30 Cooking with Diabetes/NMSU	20 8:15 and 9:30 Yoga 12:30 Bingo 3:15 Tai Chi	21 8:15 Monastery Lake Trip 8:30 Zumba Gold 10:00 Project Linus 2:00 PWR! Group 3:15 Ukulele Jam	22 8:30 & 9:30 Line Dance 2:00 Chair Tai Chi 10:30 Lunch Club – Vic's Vittles
25 8:30 Yoga 12:30 Bingo 3:30 Tai Chi	26 8:30 Zumba Gold 10:00 Spanish 1:00 Home Alone Group 2:00 Creative Tammy Class	27 8:15 and 9:30 Yoga 12:30 Bingo 3:15 Tai Chi	28 8:30 Zumba Gold 10:00 Project Linus 4:00-6:30 Potluck & Dance	29 8:30 & 9:30 Line Dance 2:00 Chair Tai Chi