



Corrales Senior Center March 2023 Activity Calendar



		1 st	2 nd	3 rd
		9:00-10:00 Yoga 10:00-11:00 Conversational Spanish Class 12:45 Bingo 9:00am-4:00pm Open Gym 12:00-1:00 Ukele Group	8:30 Zumba 9:45-10:30 Seated Zumba Gold 10:00 Project Linus(Quilt) 3:00 Ukele Group 9:00am-4:00pm Open Gym	8:30-9:30 Line Dancing & 9:45-10:45 12:30 Action for Happiness 2:00-3:00 Tai Chi 9:00am-4:00pm Open Gym
6 th	7 th	8 th	9 th	10 th
8:30-9:30 Yoga & 9:45-10:45 9:30-11:30 Native Weaving Group 1:00-1:45 Chair Fitness 2:00-3:00 Tai Chi	8:30 Zumba 9:45-10:30 Seated Zumba G 12:30 Living Consciously Action for Happiness By Carol Richmond 9:00am-4:00pm Open Gym	9:00-10:00 Yoga 10:00-11:00 Conversational Spanish Class 11:30 End of Life Preparation 12:45 Bingo 9:00am-4:00pm Open Gym	8:30 Zumba 9:45-10:30 Seated Zumba Gold 10:00 Project Linus(Quilt) 3:00 Ukele Group 9:00am-4:00pm Open Gym	8:30-9:30 Line Dancing & 9:45-10:45 12:00 Action for Happiness 2:00-3:00 Tai Chi 9:00am-4:00pm Open Gym
13 th	14 th	15 th	16 th	17 th
8:30-9:30 Yoga & 9:45-10:45 9:30-11:30 Native Weaving Group 1:00-1:45 Chair Fitness 2:00-3:00 Tai Chi	8:30 Zumba 9:45-10:30 Seated Zumba Gold 1:00 Grief Support Group 9:00am-4:00pm Open Gym	9:00-10:00 Yoga 10:00-11:00 Conversational Spanish Class 12:45 Bingo 9:00am-4:00pm Open Gym	8:30 Zumba 9:45-10:30 Seated Zumba Gold 10:00 Project Linus(Quilt) 3:00 Ukele Group 9:00am-4:00pm Open Gym	8:30-9:30 Line Dancing & 9:45-10:45 12:30 Action for Happiness 2:00-3:00 Tai Chi 2:00-3:30 Writing Group 9:00am-4:00pm Open Gym
20 th	21 st	22 nd	23 rd	24 th
8:30-9:30 Yoga & 9:45-10:45 9:30-11:30 Native Weaving Group 1:00-1:45 Chair Fitness 2:00-3:00 Tai Chi	8:30 Zumba 9:45-10:30 Seated Zumba Gold 1:45 Advisory Board Meeting CSC 9:00am-4:00pm Open Gym	9:00-10:00 Yoga 10:00-11:00 Conversational Spanish Class 12:45 Bingo 9:00am-4:00pm Open Gym	8:30 Zumba 9:45-10:30 Seated Zumba Gold 10:00 Project Linus(Quilt) 3:00 Ukele Group 9:00am-4:00pm Open Gym	8:30-9:30 Line Dancing & 9:45-10:45 2:00-3:00 Tai Chi 9:00am-4:00pm Open Gym
27 th	28 th	29 th	30 th	31 st
8:30-9:30 Yoga & 9:45-10:45 9:30-11:30 Native Weaving Group 1:00-1:45 Chair Fitness 2:00-3:00 Tai Chi	8:30 Zumba 9:45-10:30 Seated Zumba Gold 9:00am-4:00pm Open Gym	9:00-10:00 Yoga 10:00-11:00 Conversational Spanish Class 12:45 Bingo 9:00am-4:00pm Open Gym	8:30 Zumba 9:45-10:30 Seated Zumba Gold 11:00 - 1:00 Birthday Bash 10:00 Project Linus(Quilt) 3:00 Ukele Group 9:00am-4:00pm Open Gym	8:30-9:30 Line Dancing & 9:45-10:45 2:00-3:00 Tai Chi 9:00am-4:00pm Open Gym