

MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Picadillo 12:15–12:40 pm: BINGO 12:45 pm- DRUMMING CLASS (Class is at the Senior Center)	9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: BBQ Chicken 12:30 pm - TAI CHI (Class is at the Community Center) 1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE	9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Roast Pork 12:15 pm –COUNCIL REPORT -Councilmember Michael Windrem 12:45 pm - ART CLASS (Class is at the Senior Center)	9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Bistec en Cazuela 12:30 pm - TAI CHI (Class is at the Community Center) 1:00 pm–Grocery Shopping	9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center) 11:30 am – LUNCH: Tuna Salad & Soup 12:30 –4:30 p.m. FIELD TRIP : FAIRCHILD TROPICAL GARDENS 40 may go / \$2.00 each -includes tram tour
9	10	11	12	13
9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Stuffed Cabbage 12:15 pm – BINGO 12:45 pm- DRUMMING CLASS (Class is at the Senior Center)	9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Herbed Chicken 12:30 pm - TAI CHI (Class is at the Community Center) 1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE	9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Shredded Pork Sandwich 12:15 pm – NUTRITION and HEART DISEASE -Jackie Gibson, UF/M-D Extension Bureau 12:45 pm - ART CLASS (Class is at the Senior Center)	9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Roast Turkey 12:30 pm - TAI CHI (Class is at the Community Center) 12:45 pm–Grocery Shopping	9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center) 11:30 am – LUNCH: Breaded Fish Wedge 12:15 pm – Special Event: “MEET THE CANDIDATES”
16	17	18	19	20
9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: BBQ Brisket of Beef 12:15 pm – BINGO 12:45 pm- DRUMMING CLASS (Class is at the Senior Center)	9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Arroz con Pollo 12:05 pm – CRIME WATCH PROGRAM MSPD Community Policing Office 12:30 pm - TAI CHI (Class is at the Community Center) 1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE	9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: BBQ Pulled Pork 12:15 pm – DIABETES -Leon Medical Center 12:45 pm - ART CLASS (Class is at the Senior Center) Raffle Items on Display	9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Meatloaf  12:00 pm - BIRTHDAY & ANNIVERSARY PARTY 12:30 pm - TAI CHI (Class is at the Community Center) 12:45 pm–Grocery Shopping	9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center) 11:30 am – LUNCH: Vegetarian Lasagna 12:15 pm – Special Event: “MEET THE CANDIDATES”
23	24	25	26	27
9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Baked Ham 12:15 pm – BINGO 12:45 pm- DRUMMING CLASS (Class is at the Senior Center)	9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Ropa Vieja 12:30 pm - TAI CHI (Class is at the Community Center) 1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE	9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Roast Turkey 12:15 pm – ELDER ABUSE -CAC Florida Medical Center 12:45 pm - ART CLASS (Class is at the Senior Center)	9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: Chicken Cacciatore 12:30 pm - TAI CHI (Class is at the Community Center) 12:45 pm–Grocery Shopping Raffle Items Awarded	9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center) 11:30 am – LUNCH: Egg Salad & Soup 1:15 pm – FIELD TRIP: WAL-MART \$.50/person (16 may go)
30	31			Call us for more information!  (305) 805-5160
9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Picadillo 12:15 pm – BINGO 12:45 pm- DRUMMING CLASS (Class is at the Senior Center)	9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion) 11:30 am – LUNCH: BBQ Chicken 12:30 pm - TAI CHI (Class is at the Community Center) 1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE			