

March 1-20

KEY:

Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$.

Subject to change. Check for updates and additions at thecenter.org, or visit our Facebook page.

Every MONDAY

8:45 **Tai Chi** \$
 9:00 Hiking
 9:45 **Primetime Fitness** \$
 10:00 Writing for Healing & Growth \$, Sew & Sews, Getting Better at Bridge
 10:45 Chair Yoga
 11:00 **Silver Swans Ballet Class**
 12:30 Chess Club
 1:00 Mah-Jongg (Chinese)
 1:15 **Ageless Grace** \$, *Senior Aquatics* \$
 2:30 Member Social
 4:00 *Member Social Dinner* \$
 6:45 **Pickleball** \$

Every TUESDAY

9:00 Full Life Fitness, *Bowling* \$, Mani/Pedicure \$
 9:30 **Primetime Fitness** \$
 10:00 **Medicare Consulting** (by appt)
 10:15 *Senior Aquatics* \$
 10:30 **Arthritis Exercise** \$
 10:45 Second Wind Band \$
 12:00 Social Bridge, Men's Poker
 1:15 **Round Dancing** \$ (beg.)
 2:00 **Pickleball** \$
 Mah-Jongg (Western)
 2:15 **Round Dancing** \$ (int.)
 2:30 Encore Players
 3:20 **Advanced Spanish**
 6:00 Single's Shmooze \$

Every WEDNESDAY

8:45 **Tai Chi** \$
 9:00 Hiking
 9:30 **Crafty Ladies**, Dominoes, **Seated Massage** \$
 9:45 **Primetime Fitness** \$
 10:00 *Bowling* \$
 10:45 **First Wind Band** \$
 11:30 Canasta
 12:00 **TOPS**, Poker, **Pickleball** \$
 1:00 Scrabble, Mah-Jongg
 1:15 **Ageless Grace** \$, *Sr. Aquatics* \$
 3:00 Knit-Wits, Ping Pong
 4:00 **Square Dancing Lessons**
 6:00 **International Folk Dancing, Line Dance** (beg.)
 7:00 **Overeaters Anonymous**
 7:30 **Tai Chi** \$, **Line Dance** (adv.)

Every THURSDAY

9:00 Party Bridge, *Ivy Creek Walking*
 9:30 **Primetime Fitness** \$
 10:00 **AA**, Recorder Lessons \$ (beg.)
 10:15 *Senior Aquatics* \$
 Tap Dancing \$ (beg.)
 10:30 **Arthritis Exercise** \$
 11:00 Recorder \$ (int.), Craft DIY
 11:15 **Tap Dancing** \$ (int.)
 12:00 **NIA - Moving to Heal** \$, **Sheepshead**, Duplicate Bridge
 1:00 Albemarle Carvers, Apple/Mac, Financial Counseling (by appt.)
 2:00 Backgammon
 3:15 Chair Yoga
 4:30 **Medicare Consulting** (by appt.)
 5:00 **Pickleball** \$
 6:30 **Drumming Group**

Every FRIDAY

8:45 **Tai Chi** \$
 9:00 Full Life Fitness, Mah-Jongg
 9:30 Friday Art Group
 9:45 *Northside Walking Group*, **Primetime Fitness** \$
 10:30 **Bingo**
 10:45 Flashbacks \$
 11:00 *Senior Aquatics* \$
 12:00 Writing for Pleasure
 1:00 **Fun Time Line Dancing** (beg), Still Sharp Singers \$, Euchre
 2:15 **Pickleball** \$
 Enjoying Short Stories
 2:30 Barbershop Belles & Beaux, **Line Dancing** (adv.)
 3:00 **Bereavement Support Group**

1 1:00 Mah-Jongg 1:30 Sunday Movie 1:30 Scrabble 2:00 English Country Dancing 2:00 Ping Pong	2 10:00 Senior Golf Meeting 1:00 Senior Council 2:00 Bunko	3 11:00 Hearing Screenings 12:00 Try It Out Tuesday 1:00 Chronic Pain Support Group 1:00 Beginning Spanish 2:10 Intermediate Spanish 3:20 Advanced Spanish	4 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies 5:00 Cooking Demo w/ UVA Dietetic Interns	5 10:45 Parkinson's Caregiver Support Group 3:00 Socrates Cafe	6 10:00 Investor's Forum	7 1:00 Pickleball \$
8 1:00 Mah-Jongg 1:15 Central VA Dowers 1:30 Sunday Movie 1:30 Scrabble 2:00 English Country Dancing 2:00 Ping Pong	9 1:00 Piedmont Pastelists 1:00 All Things Digital	10 10:00 Money & You w/ Jorgen Vik 10:00-1:00 Shredding Truck 1:00 Beginning Spanish 1:00 Chronic Pain Support Group 2:10 Intermediate Spanish 3:00 Paint Party \$ 3:20 Advanced Spanish	11 1:30 Senior Statesmen	12 1:00 Le Cercle Français 1:30 Move for Health w/ Darcy Higgins 4:00 Essential Tremor Support Group	13	14 1:00 Pickleball \$
15 1:00 Mah-Jongg 1:30 Sunday Movie 1:30 Scrabble 2:00 English Country Dancing 2:00 Ping Pong	16 2:00 Bunko	17 10:00 Elder Law with Doris Gelbman 1:00 Chronic Pain Support Group	18 10:00 Hearing Health	19 10:00 Virginia Festival of the Book Talk 3:00 Socrates Cafe	20 10:00 Investor's Forum 1:00 Bridge Lessons for Beginners (Lesson 2) The Center closes at 4:30pm	