

March Events & Activities

Silver Sneakers Classic – Posture Renewal

Monday | Through March 30 | 11 – 11:45 a.m.

Wednesday | Through March 25 | 11 – 11:45 a.m.

Instructor: Rotha

Mindful Yoga

Tuesdays and Thursdays through March 26 | 10 – 10:45 a.m.

Instructor: Rotha

Chair Yoga

Tuesdays through March 24 | 10 – 10:45 a.m.

Instructor: Rotha

Balanced Bodies

Tuesdays and Thursdays through March 26 | 9 – 9:45 a.m.

Instructor: Rotha

Tai Chi

Mondays and Wednesdays through March 30 | 10 – 10:45 a.m.

Instructor: Leon

Power Walking

Fridays through March 27 | 9 – 9:45 a.m.

Instructor: Laura

Dance Fitness

Mondays through March 30 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Silver Sneakers Classic

Fridays through March 27 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Activities at The Branch Connection:

3/2 Breakfast (April Menu – IHOP Breakfast Tacos with potatoes and fruit)

3/2 & 16 Shared Moments

3/4 & 18 Bingo

3/6 First Friday Book Club
3/7 Saturday Matinee
3/9, 12, 16, 19, 23 & 26 Computer Basics I
3/9, 16 & 23 Fly Tying Group
3/9 Metrocrest Mobile Food Bank
3/9 & 23 Fitness Room Orientation
3/10 Advanced Greeting Cards
3/10 Bunco Night
3/11 Cookin' Club
3/11 & 25 Photo Club
3/14 & 28 Learn To Dance
3/17 Medicare 101 Seminar
3/19 Texas Hold Em
3/21 Social Series – The Ultimate Game Show Battle
3/24 Winstar Casino Trip
3/25 Garden Group
3/28 Game Show Trivia

Re-occurring Weekday Activities:

- **Monday** – Zumba Gold, Team Chair Volleyball, Open Mah-Jongg, Thinkabilities, The Mixer, Evening Crafts, Open Art Group, Learn to Dance, and Duplicate Bridge.
- **Tuesday** – Chair Yoga, Line Dancing (Lo & Hi Beginner), Dulcimers, Zumba Gold, and Fly Casting.
- **Wednesday** – Line Dancing (Improver), Absolute Beginner Dance, Big Screen Bash, and Open Mah Jongg.
- **Thursday** – Team Chair Volleyball, and Instructional Quilting Group.
- **Friday** – Silver Sneakers Classic, Quilting Group, Neglected History, and Party Bridge.
- **Saturday** - Clogging