

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MARCH 2023</b></p>  <p>Events listed in blue are detailed in the New and Noteworthy section</p>	<p><b>Birthday Party</b> Tuesday March 21@ 11:30am</p> <p>Passover Lunch Wed 3/29 @ 11:30am</p> <p>Food Pantry-Tuesday March 14th 1:30pm - 3:30pm</p> <p><b>Tech Lab Tuesdays @ 10:00am</b> <b>&amp;Thursdays @ 11:00-11:30 am</b></p>	<p>3/1 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Intermediate-FULL 1:00 Karaoke 1:30 Water Aerobics</p>	<p>3/2 9:30 Conv.Spanish-Advanced Beginners 10:00 Stay Well Exercise-V 10:00 Improv with Frank 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga with Anthony-H</p>	<p>3/3 9:15 Stay Well Exercise-H 9:45 Spanish Language Program: Current Events with Chloe 10:00 Health Lecture-Webinar on Cholesterol</p> <p>10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: <i>"She Said"</i> (2022)</p>
<p>3/6 9:15 Stay Well Exercise-H 10:00 Intergenerational Civil Rights Discussion 10:00 Chess Clinic 10:30 Meditation 10:45 Women's Group 10:45 Men's Group 12:30 Mah Jongg Beginners-FULL 1:00 Bingo</p>	<p>3/7 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced-FULL 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories -V 12:30 Mah Jongg Beginners-FULL 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>3/8 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Intermediate-FULL 1:00 Special Concert 1:15 Bliss Fit with Trinity-H 1:30 Water Aerobics</p>	<p>3/9 9:30 Conv.Spanish-Advanced Beginners 10:00 Stay Well Exercise-V 10:00 Improv with Frank 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga with Anthony-H</p>	<p>3/10 9:15 Stay Well Exercise-H 9:45 Spanish Language Program: Current Events with Chloe 10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: <i>"Triangle of Sadness"</i> (2022)</p>
<p>3/13 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:30 Meditation 10:45 Open Chat with Jeff 12:30 Mah Jongg Beginners-FULL 1:00 Bingo</p>	<p>3/14 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced-FULL 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories -V 12:30 Mah Jongg Beginners-FULL 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>3/15 10:00 Stay Well Exercise-V 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 11:00 Cooking Live with NYC Aging 12:30 Mah Jongg Intermediate-FULL 1:00 Karaoke 1:30 Water Aerobics</p>	<p>3/16 9:30 Conv. Spanish-Advanced Beginners 10:00 Stay Well Exercise-V 10:00 Improv with Frank 10:45 Functional Movement 10:00 Trip to NY Historical Society Museum 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga with Anthony-H</p>	<p>3/17 9:15 Stay Well Exercise-H 9:45 Spanish Language Program: Current Events with Chloe 10:30 Meditation 10:30 Law and Order 11:00 Current Events 12:45 Friday Flicks: <i>"Respect"</i> (2021)</p>
<p>3/20 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:30 Meditation 10:45 Women's Group 10:45 Men's Group 12:30 Mah Jongg Beginners-FULL 1:00 Bingo</p>	<p>3/21 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced-FULL 11:30 Hebrew Short Stories-V 12:30 Mah Jongg Beginners-FULL 1:00 Knitting with Barbara 1:00 Brain Games with Marv 1:00 Birthday Entertainment</p>	<p>3/22 10:00 Stay Well Exercise-V 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Intermediate-FULL 1:15 Bliss Fit with Trinity-H 1:30 Water Aerobics</p>	<p>3/23 9:30 Conv. Spanish-Advanced Beginners 10:00 Stay Well Exercise-V 10:00 Improv with Frank 10:00 Watercolor Demonstration &amp; Show 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga with Anthony-H</p>	<p>3/24 9:15 Stay Well Exercise-H 9:45 Spanish Language Program: Current Events with Chloe 10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: <i>"Mr. Rogers and Me"</i> (2010) 2:00 Health Lecture: Oral Health with Dr. Paul Hertz</p>
<p>3/27 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:30 Meditation 10:45 Open Chat with Jeff 12:45 Mah Jongg Beginners-FULL 1:00 Bingo</p>	<p>3/28 9:30 Baking with Galina 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced-FULL 11:30 Hebrew Short Stories-V 12:30 Mah Jongg Beginners-FULL 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>3/29 10:00 Stay Well Exercise-V 10:00 Tech Class with Trinity 10:00 Ceramics-FULL 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Intermediate-FULL 1:00 Karaoke 1:30 Water Aerobics</p>	<p>3/30 9:30 Conv. Spanish-Advanced Beginners 10:00 Stay Well Exercise-V 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Trip to Trader Joe's/HMart 1:00 Chair Yoga with Anthony-H 1:00 Book Club-V</p>	<p>3/31 9:15 Stay Well Exercise-H 9:45 Spanish Language Program: Current Events with Chloe 10:30 Meditation 11:00 Current Events 12:45 Interactive Music &amp; Dance with Juan Usera</p>