



March Calendar

Amanda Poole - Manager

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1120 Medical Plaza Dr. #250

Sunday 31	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	8:30AM Gentle Yoga(Zoom) 9AM Spanish - Beginner (Zoom) 10AM Pilates 1PM Knitting	9AM Spanish - Intermediate (Zoom) 10:30AM Gentle Yoga (+Facebook Live) 10AM Spanish Class 12:30PM Healing Art	9AM Spanish - Beginner (Zoom) 10AM Tai Chi 12PM Oncology	9AM Spanish -Intermediate (Zoom) 10AM Bible Study (Zoom) 10:30AM Gentle Barre 1PM Drama Therapy	10AM Coffee&Support	
7	8:30AM Gentle Yoga(Zoom) 9AM Spanish - Beginner (Zoom) 10AM Pilates 12PM Spanish Cancer Support Group 1PM Knitting	9AM Spanish - Intermediate (Zoom) 10AM Spanish Class 9:30AM Gentle Yoga (Facebook Live) 11:30AM Card Making	9AM Spanish - Beginner (Zoom) 10AM Tai Chi	9AM Spanish -Intermediate (Zoom) 10:30AM Gentle Barre	10AM Coffee&Support	13
14	8:30AM Gentle Yoga(Zoom) 9AM Spanish - Beginner (Zoom) 10AM Pilates 1PM Knitting 6:30PM Modern Widows Club	9AM Spanish - (Zoom) 10AM Spanish Class 9:30AM Gentle Yoga (Facebook Live) 12:30PM Healing Art	9AM Guided Meditation(Zoom) 9AM Spanish - Beginner (Zoom) 10AM Tai Chi	9AM Spanish - Intermediate (Zoom) 10AM Bible Study (Zoom) 10:30AM Gentle Barre 1PM Drama Therapy 6PM Ostomy Support(Zoom)	10AM Coffee &Support	20
21	8:30AM Gentle Yoga(Zoom) 9AM Spanish - Beginner (Zoom) 10AM Pilates 1PM Knitting	9AM Spanish - Intermediate (Zoom) 9:30AM Gentle Yoga (Facebook Live) 10AM Spanish Class 11:30AM Card Making	9AM Spanish - Beginner (Zoom) 10AM Tai Chi	9AM Spanish - Intermediate (Zoom) 10:30AM Gentle Barre	10AM Coffee &Support 11:30AM Men's Lunch	27
28	8:30AM Gentle Yoga(Zoom) 9AM Spanish - Beginner (Zoom) 10AM Pilates 1PM Knitting	9AM Spanish (Zoom) 10AM Spanish Class 9:30AM Gentle Yoga (Facebook Live)	9AM Spanish - Beginner (Zoom) 10AM Tai Chi	9AM Spanish - Intermediate (Zoom) 10AM Bible Study (Zoom) 10:30AM Gentle Barre	10AM Coffee &Support	3

This calendar is subject to change. Please check your email before class!

"+Zoom" means the class will be offered in person AND virtually. Just "Zoom" means it is only virtual.

Yoga

<https://us02web.zoom.us/j/82251150553?pwd=V3FYdzVvYURFK0J3V3ZrWjZNYkZFQT09>

Meeting ID: 822 5115 0553

Passcode: 405134