

MARCH

Every week ... recurring weekly or daily programs are here at the top.
Not every week ... monthly, semi-monthly, special events, trips, etc., are below.

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 seniorcenterinc.org, or visit our Facebook page.









Every SUNDAY	Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY	Every SATURDAY
1:00 Mah Jongg 1:30 Sunday Movie 2:00 Scrabble	8:45 Tai Chi \$ 9:00 BeMoved \$, Hiking, <i>Racquetball</i> \$ 9:15 <i>Fashion Square Walking Group</i> 9:30 Current Affairs 9:45 Primetime Fitness \$ 9:50 <i>Aerobic Dance</i> \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:30 Chair Yoga 11:00 Parkinson's Yoga \$ 12:30 Chess Club 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ <i>Retreads</i> (thru Nov.) 10:00 Ceramics \$ Medicare Consulting (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second-Wind Band \$ 12:00 Men's Poker, Beginner's Bridge 1:00 Tuesday Social Bridge 1:30 Mah Jongg 2:00 Ballroom Dance \$ (beg) (Ladies free the 1st Tuesday!) Pickleball \$ 2:30 Gentle Yoga \$ 3:00 Ballroom Dance \$ (adv) (Ladies free the 1st Tuesday!) 6:00 Singles' Schmooze \$	9:00 Hiking 9:30 BeMoved \$ 8:45 Tai Chi \$ 9:00 <i>Racquetball</i> \$ 9:15 Fashion Square Walking 9:30 Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band 12:00 Canasta, TOPS , Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits 6:30 International Folk Dancing, Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> Ageless Grace \$ 9:15 <i>Fashion Square Walking Group</i> 9:30 Primetime Fitness \$ <i>Retreads</i> (thru Nov.) 10:15 <i>Aerobic Dance</i> \$ 10:00 AA , Recorder Lessons 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Parkinson's Yoga \$ 11:15 Craft DIY 12:30 Duplicate Bridge (<i>no class 3/23</i>) 1:00 Albemarle Carvers, Pinochle, Apple/Mac Users Group, Financial Counseling (by appt.), 3:15 Chair Yoga (<i>no class 3/23</i>) 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$	8:45 Tai Chi \$ (<i>no class 3/24 - yard sale</i>) 9:00 Full Life Fitness (<i>no class 3/24</i>) Mah-Jongg, <i>Racquetball</i> \$ 9:30 Friday Art Group 9:45 PrimeTime Fitness \$ (<i>no class 3/24</i>) <i>Northside Walking</i> 9:50 <i>Aerobic Dance</i> \$ 10:30 Bingo (<i>not meeting 3/24</i>) 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Still Sharp Singers Fun Time Line Dancing (beg) (<i>no class 3/24</i>) 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux Line Dancing (adv) (<i>no class 3/24</i>) 3:00 Bereavement Support Group	9:30 Tennis 1:00 <i>Pickleball</i> \$
			1 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies 5:00 UVa Interns Cooking Demo	2 10:45 Parkinson's Caregivers Support 1:00 Ladies' Poker 3:00 Socrates Cafe 4:00 Duplicate Bridge Forum	3 10:00 Investors' Forum	4
5 Day Trip: MGM National Harbor	6 11:30 A Bite of Nutrition 1:00 Senior Council 2:00 Bunko	7 3:00 Travel Class 14 9:00 Good Life Design 10:00 Money & You w/ Jorgen Vik 11:00 Hearing Screenings* 12:00 Try It Out Tuesday* 1:30 Hope for Health 1:30 Art Gallery Talk 3:00 Travel Class 5:30 Long-term Care Insurance 6:00 Hope for Health (<i>encore</i>)	8 1:30 Senior Statesmen of Virginia	9 10:00 Investment Visions 2:00 Le Cercle Français 4:00 Essential Tremor Support Grp	10 10:00 Religion, Science & Spirituality 1:30 Caregiver Support Group	11
12	13 1:00 Piedmont Pastelists 1:00 All Things Digital	15 10:00 Hearing Health 11:30 Monthly Luncheon \$ 2:00 Cville Time Bank Orientation	16 10:00 Recorder Concert 1:00 Ladies' Poker 3:00 Socrates Cafe	17 10:00 Investors' Forum 12:00 Writing for Pleasure Coffeehouse	18	
19	20 2:00 Bunko	21 10:00 Elder Law with Doris Gelbman 1:00 Why People Fall 3:00 Travel Class	22 Day Trip: Yogaville 1-4 Legal Consultation (call for appt.) 1:30 Windows Workshop	23 10:00 Investment Visions 11:30 Food Truck: Farm Fresh Fixins 2:00 Le Cercle Français	24 Yard Sale 5-7 pm 1:30 Caregiver Support Group	25 Yard Sale 8 am-1 pm
26	27	28 3:00 Travel Class 6:15 A.W.A.K.E.	29 Day Trip: Cherry Blossom Cruise	30	31	April ➤



* This month only! Try It Out Tuesday and hearing screenings are generally on the first Tuesday of the month.

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2 2:00 Death Café	3 Day Trip: MGM National Harbor 11:30 A Bite of Nutrition 1:00 Senior Council 2:00 Bunko	4 11:00 Hearing Screenings 12:00 Try It Out Tuesday 3:00 Travel Class	5 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies 10:00 Travel Workshop	6 10:45 Parkinson's Caregivers Support 1:00 Ladies' Poker 3:00 Socrates Cafe 4:00 Duplicate Bridge Forum	7 10:00 Investors' Forum	8
9	10 1:00 Piedmont Pastelists 1:00 All Things Digital	11 9:00 Good Life Design 10:00 Money & You with Jorgen Vik 1:30 Hope for Health 6:00 Hope for Health (<i>encore</i>)	12 Day Trip: Virginia Distillery 1:30 Senior Statesmen of Virginia	13 4:00 Essential Tremor Support Group 2:00 Le Cercle Français 10:00 Investment Visions	14 10:00 Religion, Science & Spirituality 1:30 Caregiver Support Group	15
16 CLOSED for EASTER	17 2:00 Bunko 2:30 AARP Driver Safety	18 Day Trip: Downtown DC 10:00 Elder Law with Doris Gelbman 2:30 AARP Driver Safety	19 10:00 Hearing Health 11:30 Monthly Luncheon \$ 2:00 Cville Time Bank Orientation 1:30 Windows Workshop	20 1:00 Ladies' Poker 3:00 Socrates Cafe	21 10:00 Investors' Forum	22 Day Trip: Hollywood Casino at Charlestown
23 Day Trip: Riverside Center <div style="text-align: right;">30</div>	24	25 Day Trip: Historic Garden Week	26 Day Trip: Cherry Blossom Cruise 11:00 Travel Briefing Mayflower Tours 1-4 Legal Consultation (call for appt.) 1:30 Windows Workshop Shredding Truck 10 am-1 pm	27 Getaway: Great Parks, Ghost Towns, Sedona - <i>through May 5</i> 10:00 Investment Visions 11:30 Food Truck: Bavarian Chef 2:00 Le Cercle Français	28 12:00 Writing for Pleasure Coffeehouse 1:30 Caregiver Support Group 2:00 Volunteer Appreciation Party	29 Day Trip: Virginia International Tattoo