
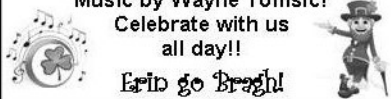






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center;">Our Calendar MARCH 2023</p>	<p style="text-align: center;">BRING YOUR FRIENDS to the Center!</p> <p style="text-align: center;">We have lots of room, lunch, dances, exercise, dancing, special programs and plenty of fun and interesting things to do! Share us!</p>	<p style="text-align: center;">1</p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15—Gentle Chair Exercise w/Vicki 10:00—Boom Move 10:00—JOURNALING w/Erin 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch 12:00-12:50—Walk 15 w/Chris K. 12:15—Mind Pushups/Trivia</p>	<p style="text-align: center;">2</p> <p>9:00-11:30—Knit, Crochet & Chat 10:00—PCOA BOARD MEETING 10:30—Adapted Jazzercise 11:30—Lunch 12:15-1:30—Chair Volleyball 1:30-2:30—Corn Hole</p>	<p style="text-align: center;">3</p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15-10:15—Tai Chi w/Chris S. 10:30—Adult Coloring 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch, 12:00—Pinochle 12:00—RED HATS 12:30—SOCIAL SECURITY 1:00-3:00—Raisin' Canes 1:30-3:00—Piano Lessons</p>
<p style="text-align: center;">6</p> <p>8:15-9:05—SS Yoga w/Kristie 10:00-10:50—Line Dancing w/Eleni 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch—12:00—Pinochle 12:30—IMPROVING MEMORY 12:00-12:50—Walk 15 w/Chris K. 1:30-3:00—Piano Lessons</p>	<p style="text-align: center;">7</p> <p>8:00-8:50—Move w/Mary Kay 9:00-9:50—Fitness after 50, Mary Kay 10:00-12:00—Sunshine Singers 10:00—Bunco 11:30—Lunch 12:15-1:30—Chair Volleyball 12:30-2:00—Coping w/Stressors-<u>V</u> 1:30-2:30—Corn Hole</p>	<p style="text-align: center;">8</p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15—Gentle Chair Exercise w/Vicki 10:00—Boom Move 10:00—MAKE-UP with MARY KAY 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch 12:00-12:50—Walk 15 w/Chris K. 12:15—Mind Pushups/Trivia</p>	<p style="text-align: center;">9</p> <p>9:00-11:30—Knit, Crochet & Chat 10:00-12:00—TECHNOLOGY HELP 10:30—Adapted Jazzercise 11:30—Lunch 12:15-1:30—Chair Volleyball 1:30-2:30—Corn Hole</p>	<p style="text-align: center;">10</p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15-10:15—Tai Chi w/Chris S. 10:30—Adult Coloring 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch 12:00—Pinochle 12:30—ESTATE PLANNING 101 1:00-3:00—Raisin' Canes 1:30-3:00—Piano Lessons</p>
<p style="text-align: center;">13</p> <p>8:15-9:05—SS Yoga w/Kristie 10:00-10:50—Line Dancing w/Eleni 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch—12:00—Pinochle 12:00-12:50—Walk 15 w/Chris K. 12:30—MEDICARE SELECTION 1:30-3:00—Piano Lessons</p>	<p style="text-align: center;">14</p> <p>8:00- 8:50—Move w/Mary Kay 9:00-9:50—Fitness after 50, Mary Kay 10:00-12:00—Sunshine Singers 10:00—Bunco 11:30—Lunch 11:30—LOVE YOUR LUNCH at Cracker Barrel 12:15-1:30—Chair Volleyball 12:30-2:00—Coping w/Stressors-<u>V</u> 1:30-2:30—Corn Hole</p>	<p style="text-align: center;">15</p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15—Gentle Chair Exercise w/Vicki 10:00—Boom Move 10:00—MAKE-UP with MARY KAY 10:20—Post Office on Wheels 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch 12:00-12:50—Walk 15 w/Chris K. 12:15—Mind Pushups/Trivia</p>	<p style="text-align: center;">16</p> <p>9:00-11:30—Knit, Crochet & Chat 10:30—Adapted Jazzercise 11:30—Lunch 1:00-3:00 ST PATRICK'S DANCE! Music by Wayne Tomsic! Celebrate with us all day!! <i>Erio go Bragh!</i></p> 	<p style="text-align: center;">17  ST. PATRICK'S DAY </p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15-10:15—Tai Chi w/Chris S. 10:30—Adult Coloring 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch 12:00—Pinochle 12:30—HISTORY of CLEVELAND 1:00—Raisin' Canes 1:30-3:00—Piano Lessons</p>
<p style="text-align: center;">20  SPRING BEGINS! </p> <p>8:15-9:05—SS Yoga w/Kristie 10:00-10:50—Line Dancing w/Eleni 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch—12:00—Pinochle 12:00-12:50—Walk 15 w/Chris K. 12:30—LIVING YOUR BEST LIFE 1:30-3:00—Piano Lessons</p>	<p style="text-align: center;">21</p> <p>8:00-8:50—Move w/Mary Kay 9:00-9:50—Fitness after 50, Mary Kay 10:00-12:00—Sunshine Singers 10:00—Bunco 11:30—Lunch 12:15-1:30—Chair Volleyball 12:30-2:00—Coping w/Stressors-<u>V</u> 1:30-2:30—Corn Hole</p>	<p style="text-align: center;">22</p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15—Gentle Chair Exercise w/Vicki 10:00—BINGO 10:00—Boom Move 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch 12:00-12:50—Walk 15 w/Chris K. 12:15—Mind Pushups/Trivia</p>	<p style="text-align: center;">23</p> <p>9:00-11:30—Knit, Crochet & Chat 10:30—Adapted Jazzercise 11:30—Lunch 12:15-1:30—Chair Volleyball 11:30-2:30—Corn Hole</p>	<p style="text-align: center;">24</p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15-10:15—Tai Chi w/Chris S. 10:30—Adult Coloring 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch 12:00—Pinochle 12:30—LEAVING A LEGACY 1:00-3:00—Raisin' Canes 1:30-3:00—Piano Lessons</p>
<p style="text-align: center;">27</p> <p>8:15-9:05—SS Yoga w/Kristie 10:00—NATURE PAM 10:00-10:50—Line Dancing w/Eleni 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch—12:00—Pinochle 12:00-12:50—Walk 15 w/Chris K. 12:30—PAFAC FREE WORKSHOP, Beginning Pencil Drawing 12:30—SHOW-N-TELL 1:30-3:00—Piano Lessons</p>	<p style="text-align: center;">28</p> <p>8:00-8:50—Move w/Mary Kay 9:00-9:50—Fitness after 50, Mary Kay 9:30—PARMA LIVING TOUR 10:00-12:00—Sunshine Singers 10:00—Bunco—11:30—Lunch 12:15-1:30—Chair Volleyball 12:30-2:00—Coping w/Stressors-<u>V</u> 1:30-2:30—Corn Hole</p>	<p style="text-align: center;">29</p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15—Gentle Chair Exercise w/Vicki 10:00—Boom Move 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch 12:00-12:50—Walk 15 w/Chris K. 12:15—Mind Pushups/Trivia</p> <p style="text-align: center;">Visit our Website cityofparma-oh.gov and our Facebook Page</p>	<p style="text-align: center;">30</p> <p>9:00-11:30—Knit, Crochet & Chat 10:30—Adapted Jazzercise 11:30—Lunch 12:15-1:30—Chair Volleyball 11:30-2:30—Corn Hole</p>	<p style="text-align: center;">31</p> <p>8:15-9:05—Fitness after 50 w/Vicki 9:15-10:15—Tai Chi w/Chris S. 10:00—BATHROOM SAFETY 10:30—Adult Coloring 11:00-11:50—SS Classic w/Jeanne 11:30—Lunch 12:00—Pinochle 12:30—VETERANS GROUP 1:00-3:00—Raisin' Canes 1:30-3:00—Piano Lessons</p> 