

South Carroll Senior Center

5928 Mineral Hill Road

Eldersburg, MD 21784

410-386-3700

Monday-Friday 8am-4pm

March 2026

Activity Schedule



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Inclement Weather Policy for Carroll County Senior Centers

Senior and Community Centers are **OPEN** at 8:00 am in inclement weather **UNLESS**:

- The Carroll County Government Offices are closed then the Carroll County Senior Centers are closed.
- The Carroll County Government opens late or close early then the Carroll County Senior Centers open late or close early.
- There may be special circumstances where it is necessary to adjust the opening or closing times of the center, or not open the centers for safety reasons. Please listen to local radio or TV stations, for up to date information.

- <https://www.carrollcountymd.gov>



If Carroll County Public Schools are CLOSED:

- Senior Centers will open at 8:00 am
- Modified meals will be served.
- No Senior programs/classes will be held.
- Carroll Transit System (CTS) ride are **CANCELLED, UNLESS** you wish to venture out, but: **YOU MUST CALL CARROLL TRANSIT SYSTEM (CTS)** before your scheduled pick up **AND** leave a message that you would like to have the bus pick you up- **410-363-0622**.
- For information on cancellations listen to: WTTR (AM 1470 FM 102.3), WBAL (11) or WJZ (13).

If Carroll County Public Schools are 2 (two) HOURS LATE:

- Senior Centers will open at 8:00 am
- Modified meals will be served.
- Call you center to see if programs/ classes have been cancelled.
- Carroll Transit System (CTS) may run on a modified schedule. Please call them to confirm or cancel your ride – 410-363-0622.
- For information on cancellations listen to: WTTR (AM 1470 FM 102.3), WBAL (11) or WJZ (13).

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Aging and Disabilities Services
<https://www.carrollcountymd.gov/aging-and-disabilities>

Click on the services listed below to find out more information.

- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners' Tax Credit
- Information and Assistance
- Legal Aid
- Long Term Care Ombudsman Program
- Maryland Access Point– Information and Assistance
- Medical Equipment Lending Closets
- National Family Caregiver Support Program in Carroll County
- QMB/SLMB
- Renters' Tax Credit
- Senior Assisted Living Subsidy Program
- Senior Centers
- Senior Medicare Patrol
- State Health Insurance Assistance Program (SHIP)
- Veterans Services
- Virtual Transitioning to Medicare



2026 BUS TRIPS

**APRIL 1ST - JOSHUA - SIGHT & SOUND THEATRE WITH BUFFET LUNCH
AT ARTHUR'S TERRACE RESTAURANT**

SIGN UP CLOSED

**MARCH 27TH - THE CHERRY BLOSSOM TOUR & LUNCHEON AT
GADSBY'S TAVERN RESTAURANT IN WASHINGTON, D.C.**

SOLD OUT

**JUNE 25TH - PATRIOT BOAT CRUISE & SUICIDE BRIDGE CRAB FEAST
ST. MICHAELS, MARYLAND**

COST: \$160.00 PER PERSON, SEATS STILL AVAILBLE

LAST DAY TO SIGN UP IS MAY 25TH

**OCTOBER 12TH - OCTOBER 16TH - CAPE COD & MARTHA'S VINEYARD,
PLUS PROVINCETOWN & HYANNIS, MASSACHUSETTS**

COST: \$999 FOR DOUBLE ROOM, PRICES VARY WITH ROOM

OCCUPANCY, SEE FLYER FOR PRICES SIGN UP STARTS APRIL 13TH

**NOVEMBER 19TH - AMERICAN MUSIC THEATER "WINTER
WONDERLAND" & YODER'S RESTAURANT IN LANCASTER,
PENNSYLVANIA**

COST: \$139.00 SIGN UP STARTS JUNE 16TH

**DECEMBER 2ND STONE GABLES ESTATE HOLIDAY TOUR WITH
CHRISTMAS DINNER AND HOLIDAY SHOW & NATIONAL CHRISTMAS
CENTER IN ELIZABETHTOWN, PENNSYLVANIA**

COST: \$175.00 SIGN UP STARTS JULY 6TH

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South Carroll Senior Center

St. Michael's Patriot Boat Cruise & Crab Feast

THURSDAY JUNE 25TH, 2026
8:30 AM - 9:30 PM

Escape across the Chesapeake Bay to the quaint historic village of ST. Michaels, Maryland on the Eastern Shore. Upon arrival, you will have leisure time to explore the charming shops, local boutiques, antique shops and Main Street merchants all within walking distance. Following lunch on your own, you will climb aboard "The Patriot", a working replica of a 1930's Steam Ferry for a narrated sightseeing cruise on the Miles River. You will also learn about the local ecosystem and hopefully see a variety of native wildlife. After the cruise you will take a short ride to Hurlock, Maryland where you will feast on crabs at the Suicide Bridge Restaurant. The crab feast will include steamed crabs, crab soup, fried chicken, clam strips, corn-on-the-cob, coleslaw, dessert, iced tea, soda, coffee, and draft beer.

\$160.00 PER PERSON

SIGN - UP STARTS JANUARY 27TH

LAST DAY TO SIGN UP IS MARCH 17TH

**NO REFUNDS 30 DAYS PRIOR TO THE TRIP UNLESS WE SELL YOUR TICKET
PAYMENT DUE AT TIME OF SIGN UP**



CAPE COD & MARTHA'S VINEYARD

OCTOBER 12TH - 16TH

MONDAY 6 AM - FRIDAY 8 PM

On the first day you will make the trip to Cape Cod, Massachusetts where you will spend the week at the Holiday Inn.

The second day you will travel to Falmouth where you'll board a ferry to the island of Martha's Vineyard. Upon arrival, enjoy a guided tour of the island while learning about its rich history as a major whaling port during the 18th century. You'll then have time to explore the charming village of Edgartown before returning to the mainland.

On day three, you'll travel by bus from Hyannis to Provincetown, learning along the way about local cranberry bogs, kettle ponds, and distinctive Cape Cod architecture. In the afternoon, enjoy free time to browse Provincetown's unique shops. Later, you'll join the Dolphin Fleet for a narrated whale-watching cruise to the Stellwagen Bank, a prime feeding ground for humpback and fin whales. After the cruise, enjoy additional free time in Provincetown before returning to the hotel.

Day four begins with a return to Hyannis for a tour of the town and surrounding area, including a drive-by of the Kennedy Family Compound. Following the bus tour, enjoy lunch and time to stroll through town and visit local shops. After lunch, you'll return to the Holiday Inn, where the rest of the day is free to relax and socialize with friends.

After breakfast on day five, you'll depart Cape Cod and head back home.

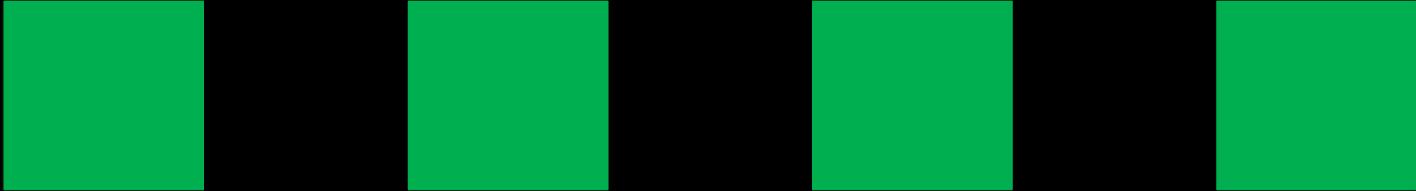
SIGN-UP STARTS APRIL 13TH

LAST DAY TO SIGN-UP IS JUNE 4TH

\$999.00 PER PERSON FOR A DOUBLE ROOM, PRICE VARRIES BY ROOM OCCUPANCY

NO REFUNDS 30 DAYS PRIOR TO THE TRIP UNLESS WE SELL YOUR TICKET PAYMENT DUE AT TIME OF SIGN UP

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Variety Show

March 26th

12:30

In Dining Room

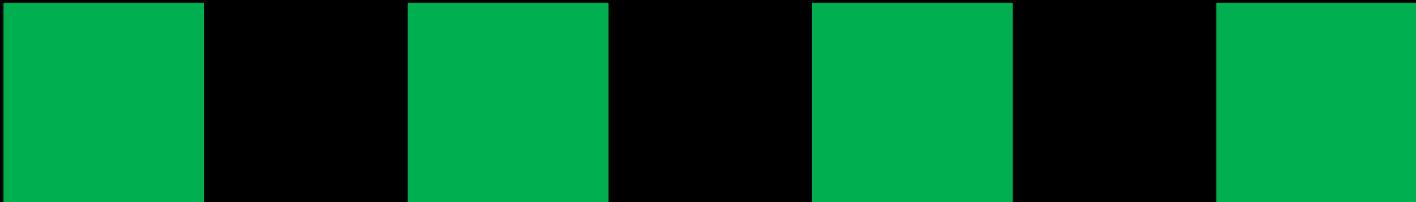
Practice: March 12th

12:30

Prep: March 19th

12:30

**Come see our Dancers, Singers
Instrumentalists & Jokesters**



In-Depth look at the Internet

Join us for three beginner-friendly tech classes! First, Internet & Email Safety will teach you how to spot scams, protect your personal information, and browse with confidence. Next, Using Search Engines will help you find what you're looking for online quickly and reliably. Finally, Social Media Basics will show you how to connect with friends and family on platforms like Facebook while keeping your account safe and private.

March 10- Internet & Email Safety
March 17 - Using Search Engines
March 24 - Social Media Basics

**Register for all three classes at the front desk or
call 410-386-3700**

UNIVERSITY OF
MARYLAND
EXTENSION

SENIOR PLANET
FROM **AARP**



G.R.O.W.
(Gardens Really Offer Wonders)

Winter Seed Saving & Sowing
Mon. March 9th, 1pm

(Please sign up at front desk by March 2nd)

**Once outside weather resumes,
we will meet outside**

Mondays at 9am



Pickleball Schedule ¹⁰

	Mon	Tue	Wed	Thu	Fri
9:30 - 10:30	Beginner & Intermediate	Advanced	Beginner & Intermediate	Advanced	Beginner & Intermediate
10:30 - 11:30					
11:30 - 12:30		All Players		All Players	
12:30 - 1:30	All Players	Beginner & Intermediate	All Players	Beginner & Intermediate	All Players
1:30 - 2:30	Advanced		Advanced		Advanced
2:30 - 3:45					



**LEARN THE THEORY
OF
PICKLEBALL BASICS**

Our Pickleball Committee has scheduled a weekly class to help you understand the rules and strategies of the game.

**THURSDAYS
1:00PM-2:30PM**

**SIGN UP AT THE FRONT DESK BY
TUESDAY THE WEEK OF CLASS**

Pickleball Tournament March 27th

**Welcome to our New
Committee Members:**

Rick Saddic:

Committee Chair

Donna Robbins and

Jean Hruch:

Administration and

**Communications leadership
roles**

Learn how to manage your ongoing Chronic Conditions



What is *Chronic Conditions Self-Management*?

This researched and proven program is designed to help you manage your health. With mutual support in weekly workshops, you can build confidence to set your own goals and put new problem-solving skills to work in your own life. Adults who have health problems and family members caring for loved ones with a chronic condition, are encouraged to attend!

These small group workshops are led by two trained facilitators and meet for **2½ hours once a week for six weeks**. The workshop does not replace existing treatments but serves to complement a participant's current medical plan.

Topics Include:

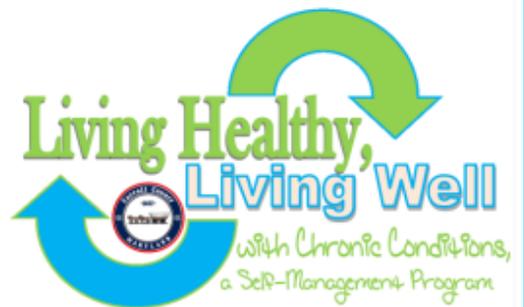
- What is Self-Management?
- Problem-Solving
- Setting Short-Term Goals
- Healthy Eating
- Pain Management
- Stress and Depression Management
- Using your Mind to Manage Symptoms
- Planning for the Future
- Relaxation Techniques
- Managing Difficult Emotions
- Partnering with your Health Provider
- Communication Skills
- Making Decisions
- Medication Usage

What's in it for me? *People who have taken the workshop show:*

- Better health and increased confidence in managing their symptoms
- Improvements in general health and wellbeing
- Increase in exercise and physical activity
- Better communication with physicians and family
- Fewer doctor and emergency room visits and fewer hospitalizations

Did you know?

- Nearly 92% of older adults have at least one chronic condition.
- Chronic conditions account for 75% of the money our nation spends on health care.
- 4 chronic conditions – heart disease, cancer, stroke, diabetes – cause almost 66% of all deaths each year.



FREE Virtual 6-Week Series

March 5 – April 9, 2026

Thursdays 9:30 a.m. – 12 p.m.

Technology assistance for the workshop series will be provided.

Participants will receive a "Living a Healthy Life with Chronic Conditions" book and a "Relaxation for Mind and Body" CD.



REGISTER online at <https://carrollcountymd.gov/LivingHealthy> or by calling 410-386-3818 or Email LivingHealthy@carrollcountymd.gov

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CRAFT GROUP

UPCOMING ACTIVITIES

WEDNESDAYS

10:00AM-12:00 PM

SIGN UP AT FRONT DESK

March 4th – Papercrafting. Cost \$2.

March 11th – Diamond Art Bookmark. Cost \$2

March 18th – Easter Wreath. Cost \$4

March 25th – Fun with Food: Hopping Down the Bunny Trail - Chick Deviled Eggs, Bunny Boiled Eggs, Bunny Salad, Peep S'mores. Cost \$4

SOUTH CARROLL
SENIOR CENTER**MARCH LUNCH MENU****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

<p>2</p> <p>Chicken Alfredo Zucchini & Tomatoes Cinnamon Applesauce Fruited Yogurt</p> <p>Sign up due by 10:00am 2/25</p>	<p>3</p> <p>Roasted Pork Loin w/Creamy Mushroom Sauce German Cucumber Salad Garlic Mashed Potatoes WG White Wheat Dinner Roll Sliced Apple Snack Pack</p> <p>Sign up due by 10:00am 2/26</p>	<p>4</p> <p>Split Pea Soup Chicken Caesar Salad WG Cornbread Loaf Hot Spiced Apples</p> <p>Sign up due by 10:00am 2/27</p>	<p>5</p> <p>Classic Meatloaf w/ Gravy Seasoned Green Beans WG Brown Rice WG White Wheat Bread Diced Peaches</p> <p>Sign up due by 10:00am 3/2</p>	<p>6</p> <p>Greek Chicken Grain Bowl <i>(Pearled Barley, Chicken, Greek Salad & Feta Cheese)</i> Apricot Halves</p> <p>Sign up due by 10:00am 3/3</p>
<p>9</p> <p>Sliced Corned Beef w/ Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit WG White Wheat Bread</p> <p>Sign up due by 10:00am 3/4</p>	<p>10</p> <p>Pepperjack Turkey Burger WG Sandwich Roll Fresh Broccoli Salad Tropical Fruit Fruited Yogurt</p> <p>Sign up due by 10:00am 3/5</p>	<p>11</p> <p>WEENIE WEDNESDAY</p> <p>Hot Dog <i>With All The Fixings</i></p>  <p>Cole Slaw Baked Beans Diced Pears</p> <p>Sign up due by 10:00am 3/3</p>	<p>12</p> <p>Beef Pot Roast Au Jus <i>(Horseradish Cream Sauce on the side)</i> WG Sandwich Bun Honey Roasted Beets Fresh Cole Slaw</p> <p>Sign up due by 10:00am 3/9</p>	<p>13</p> <p>Creamy Chicken Casserole Yellow Rice Pilaf Seasoned Green Beans Diced Peaches WG White Wheat Bread</p> <p>Sign up due by 10:00am 3/10</p>
<p>16</p> <p>Cheddar Cheeseburger Corn O' Brien WG Hamburger Bun Creamy Cucumber Salad</p> <p>Sign up due by 10:00am 3/11</p>	<p>17 St. Patrick's Day</p>  <p>Corned Beef  Red Skinned Potatoes Steamed Cabbage Copper Pennies Corn Muffin Sponge Cake w/ Strawberry Sauce</p>  <p>Sign up due by 10:00am 3/9 </p>	<p>18</p> <p>Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw WG Italian Roll Fruited Yogurt</p> <p>Sign up due by 10:00am 3/13</p>	<p>19</p> <p>Chicken Breast Fricassee WG Brown Rice Pilaf Mixed Vegetables WG White Wheat Bread Sliced Apple Snack Pack</p> <p>Sign up due by 10:00am 3/16</p>	<p>20</p> <p>Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens WG White Wheat Bread Amish Navy Bean Salad</p> <p>Sign up due by 10:00am 3/17</p>
<p>23</p> <p>Reuban Sammy Casserole Zucchini & Tomatoes Fruit Cocktail WG Wheat Bread</p> <p>Sign up due by 10:00am 3/18</p>	<p>24</p> <p>Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Cole Slaw Fruited Yogurt</p> <p>Sign up due by 10:00am 3/19</p>	<p>25</p> <p>Sliced Ham w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits WG White Wheat Bread</p> <p>Sign up due by 10:00am 3/20</p>	<p>26 SUB</p> <p>Italian Cold Cut <i>Lettuce, Tomato & onion</i> Club Roll Potato Salad Cole Slaw Fruit Cocktail</p> <p>Sign up due by 10:00am 3/18</p>	<p>27</p> <p>Lentil & Spinach Soup Tuna Salad Sandwich WG White Wheat Bread Corn & Edamame Applesauce</p> <p>Sign up due by 10:00am 3/24</p>
<p>30</p> <p>Pot Roast of Beef w/ Stroganoff Sauce Roasted Potatoes WG White Wheat Bread Seasoned Greens Mandarin Oranges</p> <p>Sign up due by 10:00am 3/25</p>	<p>31</p> <p>Creamy Chicken Piccata WG Brown Rice Buttered Carrots WG White Wheat Bread Green Pea & Red Pepper Salad</p> <p>Sign up due by 10:00am 3/26</p>	<p>Reservation Required by posted sign up date.</p> <p>To reserve a lunch fill out the golden colored lunch reservation book located in the hallway outside the dining room by the specified date.</p> <p>Cost of lunch for center members 60+ is a donation up to \$6.64 (full cost of meal).</p> <p>Per grant requirements, those under 60 must pay the full price of \$6.64</p> <p>Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.64.</p>		 

FITNESS AND EXERCISE DISCLAIMER

The Carroll County Bureau of Aging & Disabilities suggests that those interested in taking a physical activity program should consult with a medical professional before engaging in these activities.



Physical exertion may be inappropriate for people with certain medical conditions. You must initial the Participation Agreement on the Membership Form prior to participating in these programs.

Reminders:

- *Payments for classes will be collected by staff on the first day of the new session.
- *Sign in for class on the computer at the front desk and on the paper sheet provided by the instructor weekly.
- *Make sure you have on the correct shoes before you participate in class.
- *Sanitize any pieces of equipment you have used during class and return to the correct area in closet.

New Classes:

Monday: Circuit Class with Maria: 8:15-9:15am

Cost: \$30 for 10-12 weeks (Starts in April)

Tuesday: Wellness Thru Movement (Yoga) with Bob: 11:45am - 12:15pm

Cost: \$30 for 10-12 weeks (Starts in April)

Friday: Chair yoga with Cheri 8:30-9:15am

Cost: Koons Donation (March 6-27th), \$30 for 10-12 weeks (starts in April)



NOTE: In most cases, if classes are not full, you may join a class in progress without waiting until the next session begins. See Center Manager for details.

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Daily Activities

MONDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None at this time
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Wii Games	8:00am - 3:45 pm	Ongoing	None
NEW! Circuit Training with Maria	8:15 am - 9:15 am	Starts in April	\$30 10-12 weeks
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly
Chair Yoga with Jane	9:30 am - 10:15am	New session starts in April	\$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30 am	Ongoing	Nickel
Quilting Club	10:00 am - 12:00 pm	Ongoing	None
Zumba Gold with Maria	10:30 am - 11:15 am	New session starts in April	\$30.00 10-12 weeks
Age Well Aerobics with Jane	11:30 am - 12:30 pm	New session starts in April	\$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Bridge	12:00 pm - 3:45 pm	Ongoing	None
Pillow Case Dress Workshop <small>(community service project)</small>	12:00 pm– 3:45 pm	Second Monday of Each Month	None
Circuit Training with Courtney	1:00pm– 2:00pm	New session starts in April	\$30 10-12 weeks

Daily Activities

TUESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 pm - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly
Ceramics	9:00 am - 11:45 am	Ongoing	\$ per item and \$2.00 activity fee
Arthritis Exercise With Chris	9:15 am - 10:15 am	New session starts in April	Grant Funded 10-12 weeks
Mahjongg Beginner/ Intermediate	9:30am - 11:30am	Ongoing	None
Penny Bingo	9:00 am - 11:00am	Ongoing	Penny
Learn How To Play Pitch	9:30 am —12:00pm	Ongoing	None
Senior Fun and Fitness with Chris	10:30 am - 11:30 am	New session starts in April	\$30.00 10-12 weeks
Technology Class	10:30 am — 11:30 am	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:15 am– 12:00 pm	March 3rd	None
NEW! (Yoga) Wellness thru Movement with Bob	11:45-12:30pm	Starts in April	\$30 10-12 weeks
Open Paint Time	12:30-3:45pm	Ongoing	None
Scrapbooking and Card Making	12:30 pm-3:45pm	Ongoing	None
Mahjongg	12:00 pm - 3:45 pm	Ongoing	None

Daily Activities

WEDNESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am- 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Wii Games	8:00am -- 3:45 pm	Ongoing	None
Circuit Training with Maria	8:15am– 9:15am	New session starts in April	\$30.00 10-12 weeks
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly
Chair Yoga with Cheri	9:30 am - 10:15 am	New session starts in April	\$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Crafts	10:00am– 12:00pm	Ongoing	Cost of craft project
Zumba Gold With Maria	10:30 am - 11:15 am	New session starts in April	\$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Line Dancing with Dannielle	12:00 pm– 1:00 pm	New session starts in April	\$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	New session starts in April	\$50.00 8 weeks

Daily Activities

THURSDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Wii Games	8:00am - 3:45 pm	Ongoing	None
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly
Nickel Bingo	9:30 am - 11:30 am	Ongoing	Nickel
Ceramics	9:00 am - 11:30 am	Ongoing	Cost per item and \$2.00 activity fee
Arthritis Exercise with Jane	9:15 am – 10:15 am	New session starts in April	Grant Funded 10-12 weeks
Canasta Beginners & Experienced	9:30 am – 12:30 pm	Ongoing	None
Information and Assistance	1st Thursday of the Month 10:00 am– 11:00 am	Call 410-386-3800 to schedule an appointment	None
(Yoga) Wellness thru Movement with Bob	11:00 am - 12:00 pm	New session starts in April	\$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	New session starts in April	\$50.00 8 weeks
Learn the Theory of Pickleball Basics	1:00 pm– 2:30pm	Sign up at front desk	No Cost

Daily Activities

FRIDAY

Program	Time	Session	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am - 3:45 pm	Ongoing	None
Wii Games	8:00am - 3:45 pm	Ongoing	None
NEW! Seated Yoga with Cheri	8:30-9:15am	March 6-27th	Koons Donation
Penny Bingo	9:00 am - 11:00 am	Ongoing	Penny
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly
Mahjongg	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast with Jane	9:30 am - 10:15 am	New session starts in April	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am - 11:30 am	New session starts in April	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Dominos/ Board Games	12:30 pm - 3:45 pm	Ongoing	None