

# CLOVERDALE SENIOR CENTER

## Event Calendar - March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1</p> <p>10am Communicating with Compassion 10am-1pm AARP Tax Preparation 10:15am Nimble Fingers 11:30 Lunch 1pm Intermediate Water Color Class 1:30pm Strength training</p>	<p>2</p> <p>8:15am Walking group 10am Legal Aid (By Appt) 10am Senior Produce Market 11:30am Lunch 12:30 Legal Aid Presentation 12:30pm-5pm Games</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>8:15am Walking Group 9am HAIRCUTS 9am Yoga 10:15am Qigong Tai Chi 11am ADV Spanish 11:30am Lunch 1:15pm Bingo</p>	<p>6</p> <p>9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 5:30pm Meditation Group  10-11:30 Senior Saunters 6990 Front St., Forestville</p>	<p>7</p> <p>8:15am Walking Group 9am Yoga 9:30 HICAP (By Appt) 10am Enneagram 10am SRJC Art Class 11am Blood Pressure Check 11:30am Lunch</p>	<p>8</p> <p>10 am Communicating with Compassion 10am-1pm AARP Tax Preparation 10:15am Nimble Fingers 11:30 Lunch 1pm Intermediate Water Color Class 1:30pm Strength training</p>	<p>9</p> <p>8:15am Walking Group 10 am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth 11:30am Lunch 12:30-pm-5pm Games</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>8:15am Walking Group 9am Yoga 10 am MediCal Presentation 10:15am Qigong Tai Chi 11am ADV Spanish 11:30am Lunch 1:00pm Gardening Group 1:15pm Bingo 3:15 BUNCO</p>	<p>13</p> <p>9am Yoga 10 am Women's Group 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 5:30pm Meditation Circle</p>	<p>14</p> <p>8:15am walking Group 9am Yoga 9:30am Legal Counseling (By Appt) 10am Enneagram 10-1 Podiatrist by appt 10am SRJC Art Class 11am Blood Pressure Check 11:30am Lunch 2pm Collage Group</p>	<p>15</p> <p>10 am Communicating with Compassion 10am-1pm AARP Tax Preparation 10:15am Nimble Fingers 11:30 Lunch 12:30 Monthly BIRTHDAY PARTY! 1pm Intermediate Water Color Class 1:30pm Strength training 3pm Board Meeting</p> 	<p>16</p> <p>8:15am Walking group 10am REACH Presentation 10am Senior Produce Market 10am Legal Aid (By Appt) 11:30am Lunch 12:30pm-5pm Games</p>	<p>17</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19 8:15am Walking Group 9am Yoga 10:15am Qigong Tai Chi 11am ADV Spanish 11:30am Lunch 1:15pm Bingo	20 9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 5:30pm Meditation Circle	21 8:15 am Walking Group 9am Yoga 10am Enneagram 10am SRJC Art Class 11am Blood Pressure 11:30am Lunch 1pm NEW MEMBERS MEET & GREET w/ Mardi  6-8 PM SPRING CELEBRATION CONCERT WITH PETER VAN GELDER AND INDRANIL MALLICK	22 10am Communicating with Compassion 10am-1pm AARP Tax Preparation 10:15am Nimble Fingers 11:30am Lunch 1pm Intermediate Water Color Class 1:30pm Strength Training	23 8:15am Walking group 10am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth 11:30am Lunch 12:30pm-5pm Games	24
25	26 8:15am Walking Group 9am Yoga 10:15am Qigong Tai Chi 11am ADV Spanish 11:30am Lunch 1:15pm Bingo	27 9am Yoga 10am Women's' Group 10:15am Line Dancing 11:30Lunch 1:30 Ted Talks Discussion Group 1:30pm Strength Training 5:30pm Meditation Circle	28 8:15am Walking Group 9am Yoga 10am Enneagram 10am SRJC Art Class 11am Blood Pressure 11:30am Lunch	29 10 am Communicating with Compassion 10am-1pm AARP Tax Preparation 10:15am Nimble Fingers 11:30 Lunch 1pm Intermediate Water Color Class 1:30pm Strength training	30 8:15am Walking Group 10 am Senior Produce Market 11:30am Lunch 12:30-pm-5pm Games	31

### PRESENTATIONS IN MARCH:

March 2, Friday, 12:30 **Legal Aid**

March 12, Monday, 10:00 **MediCal**

March 16, Friday, 10:00 **Reach**

### NEW THIS MONTH:

March 9<sup>th</sup> and March 23, Friday, 10:30-11:30

**Guitar Lessons with Beth by appointment**

March 12, Monday, 1:00

**Gardening Group**

### SPECIAL EVENT:

March 21, Wednesday, 6:00-8:00 p.m.

**Spring Celebration Concert with**

**Peter Van Gelder and Indranil Mallick**

