

SNAP OF EASTERN QUEENS WEEKLY ACTIVITIES MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Laughter Yoga* 10:00 Weight Mgmt./Nutrition Class 10:00 Knitting & Crocheting Class 10:00 Line Dance Class 11:00 Advanced Exercise Class * 11:00 Men's Discussion Group 1:00 Beginners/Intermediate Exercise Class * 1:15 Bingo 1:15 Computer Lab 2:15 Bereavement Group	9:00 Exercise Class * 9:30 – 11:00 Magic for Mature Adults* 10:00 Beyond the Barriers 10:30 Reminiscence 11:00 Practical Computer 1:30 Photography Class* 2:30 Mat Yoga Class*	9:00 Arm Chair Yoga 10:00 Plastic Mesh Class 10:00 Zumba Gold 10:30 Bingo 10:30 Blood Pressure (3/11) 11:00 Chair Yoga* 11:00 Canasta for Beginners 1:00 Body Conditioning*	9:30 Tai Chi * 10:00 Craft Workshop* 10:00 – 11:00 Open Recreation 10:30 Blood Pressure Screening (3/19 & 3/26) 10:30 Line Dancing * 11:00 Creative Writing 11:30 Wii Bowling 1:00 Drawing & Painting * 1:15 Bingo 1:15 It's in the News: What's Your Opinion? 1:15 Computer Lab 2:30 Exercise *	9:00 Exercise * 10:00 Women's Discussion Group 10:00 Quilting Class 10:00 Fall Prevention 10:00 Absolute Beginner's Computer 11:00 Bawdy Singalongs! 11:30 Yoga* 1:15 Tai Chi* 1:30 Creative Expressions	9:00 Exercise Class*
					

* Represents classes where suggested donation is requested.

