



# March 2020 Activity Schedule

## Monday

10:00a.m. - 11:00a.m.  
 10:00a.m. - 12:30p.m.  
 11:00a.m. - 12:00p.m.  
 11:00a.m. - 12:00p.m.  
 11:30a.m. - 12:30p.m.  
 12:30p.m. - 1:30p.m.  
 12:30p.m. - 1:30p.m.  
 12:30p.m. - 1:30p.m.  
 1:30p.m. - 4:00p.m.  
 1:45p.m. - 2:45p.m.  
 1:45p.m. - 3:00p.m.  
 2:45p.m. - 3:45p.m.

Line Dance  
 Ceramic Hand Building - \$20 supply fee  
 Intermediate Spanish  
 Adult Coloring  
 Welcome to Improv - Begins March 9th  
 Women of Blues and Rock -  
 No class on March 9th and 16th  
 Chair Yoga - \$4 per class  
 TEAM Trivia  
 Ceramic Hand Building - \$20 supply fee  
 Tai Chi for Health  
 Women in Science - Begins March 23rd  
 Callanetics® @ the Barre

Great Room Pat Korn  
 Room 120 Rick Berman  
 Room 219 Maria Earl  
 Room 217 Marian Slater  
 Room 124 Whittney Millsap  
 Room 212 Tom Dell  
 Great Room Mindi Sigmon  
 Room 217 CDSC Seniors  
 Room 120 Rick Berman  
 Great Room Gayle Christian  
 Room 212 Jill Parks  
 Room 124 Sandy Bramlett

## Tuesday

8:30a.m. - 11:30a.m.  
 10:00a.m. - 12:00p.m.  
 10:30a.m. - 11:30a.m.  
 10:30a.m. - 12:00p.m.  
 11:00a.m. - 12:00p.m.  
 11:00a.m. - 12:00p.m.  
 11:00a.m. - 12:00p.m.  
 1:00p.m. - 1:50p.m.  
 1:15p.m. - 2:15p.m.  
 1:00p.m. - 3:00p.m.  
 2:00p.m. - 3:00p.m.  
 2:00p.m. - 3:00p.m.

Bird Stroll  
 Bridge  
 Zumba Gold  
 Drawing  
 Overwhelmed No More! - Ends March 3rd  
 Knitting  
 Strength & Balance  
 Sit and Fit  
 Psychology of Propaganda - Begins March 24th  
 Acrylic Painting  
 Qi Gong  
 Ballroom Dancing

Great Room David Kuechenmeister  
 Room 208 CDSC Seniors  
 Room 124 Maria Earl  
 Room 120 Isabel Patino  
 Room 219 Jiffy Page  
 Room 217 Joan Stone  
 Room 212 Sandy Bramlett  
 Room 212 Zsa Zsa Robinson  
 Great Room Elizabeth Deschenes  
 Room 120 Isabel Patino  
 Room 212 Emmett Swint  
 Room 124 Pat Korn

## Wednesday

10:00a.m. - 11:00a.m.  
 10:00a.m. - 12:00p.m.  
 11:00a.m. - 12:00p.m.  
 12:00p.m. - 1:00p.m.  
 12:00p.m. - 4:00p.m.  
 1:00p.m. - 2:00p.m.  
 1:00p.m. - 2:15p.m.  
 1:00p.m. - 3:00p.m.  
 1:30p.m. - 2:15p.m.  
 2:30p.m. - 3:30p.m.

Line Dance  
 Beginners Ceramic Hand Building - \$20 supply fee  
 Beginners Spanish  
 Ageless Grace  
 Jewelry - Extra - \$10 supply fee  
 "From the Hiddenness of Purim  
 to the Openness of Passover" - March 11th  
 The ERA Makes a Comeback - March 18th  
 Encaustic Wax Collage Workshop  
 Resistance Bands  
 Insight into Modern Science

Great Room Pat Korn  
 Room 120 Rick Berman  
 Room 212 Maria Earl  
 Great Room Sandy Bramlett  
 Room 217 Gillian Gussack  
 Room 212 Fred Glucksman  
 Room 212 George de Man  
 Room 120 Jill Brown  
 Room 124 Maria Earl  
 Room 212 Bill Christian PhD

## Thursday

10:00a.m. - 10:50a.m.  
 10:00a.m. - 12:00p.m.  
 10:00a.m. - 12:00p.m.  
 11:00a.m. - 12:00p.m.  
 11:00a.m. - 3:00p.m.  
 1:00p.m. - 2:00p.m.  
 1:00p.m. - 3:00p.m.  
 1:15p.m. - 2:15p.m.  
 1:15p.m. - 3:00p.m.  
 1:30p.m. - 2:30p.m.  
 2:00p.m. - 3:00p.m.

Boot Camp 101  
 Bridge  
 Mosaics  
 Chair Yoga - \$4 per class  
 One on One Pool with Dale  
 Worldanz!  
 Encaustic Wax Collage Workshop  
 History & Nature at Mason Mill - March 19th  
 Mah Jongg (All Levels)  
 CDSC Book Club - March 5th  
 Tai Chi for Health

Room 212 Sandy Bramlett  
 Room 208 CDSC Seniors  
 Room 120 Jill Brown  
 Room 212 Mindi Sigmon  
 Pool Room Dale Norman  
 Room 212 Sandy Bramlett  
 Room 120 Jill Brown  
 Great Room Jonah McDonald  
 Room 208 Carole Feinberg  
 Room 217 MyGuail Chappel  
 Room 212 Gayle Christian

## Friday

10:00a.m. - 11:00a.m.  
 10:00a.m. - 11:00a.m.  
 10:00a.m. - 11:00a.m.  
 10:30a.m. - 11:30a.m.  
 11:30a.m. - 12:30p.m.  
 11:45a.m. - 12:45p.m.  
 12:00p.m. - 1:00p.m.  
 12:00p.m. - 1:00p.m.  
 12:45p.m. - 1:45p.m.  
 1:00p.m. - 2:00p.m.  
 1:00p.m. - 3:00p.m.  
 1:15p.m. - 2:30p.m.  
 2:00p.m. - 3:00p.m.  
 2:15p.m. - 3:15p.m.  
 3:00p.m. - 4:00p.m.

Brain Games  
 Let's Take a Walk  
 Beginner's Ukulele  
 Beginners French  
 Watercolor  
 Conversational French  
 The Art of Drumming - March 27th  
 Journey through Grief - March 6th  
 Balance & Floor Stretch Yoga - \$4 per class  
 Masterpieces of Philosophy  
 Pencil and Ink Drawing  
 Embrace Your Life  
 Qi Gong  
 Ethics: Yesterday, Today and Tomorrow  
 Compassion for the Care Partner

Room 217 CDSC Seniors  
 Great Room Gayle Christian  
 Great Room Jeff Holt  
 Room 219 Elizabeth Wilson  
 Room 120 Isabel Patino  
 Room 219 Elizabeth Wilson  
 Great Room Karen Newell  
 Room 217 Jenny Barwick, LPC.  
 Room 212 Mindi Sigmon  
 Room 219 Joel Vaughn Peddle  
 Room 120 Isabel Patino  
 Room 217 Jenny Barwick, LPC.  
 Room 212 Emmett Swint  
 Room 219 Joel Peddle  
 Room 217 Jenny Barwick, LPC.