MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
	1 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	**2** **8:30-11:30 Tax Preparation-Room 10-11** 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:45 Lunch 12:00 Mexican Train Dominos-Room 1 12:45 Bingo 1:30 Beginning Computer-Room 11	**3** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3-4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room A/B 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**4** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:00 Legal Aid-by appointment** **9:15 Movie: "The Philadelphia Story"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 **11:30 Podiatrist-by appointment** 11:30 Lunch **Open 8:00 AM-1:00 PM**
7 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Adult Fitness-Room A/B 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 **12:30 Life Story Writing #6-Room 1** 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	**8** 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room **Valley View Casino Trip**	**9** 8:00 Commodities-Room 5 8:30-11:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 **9:30 Braille Institute Talk –Room 5** 10:00 Adult Fitness-East/West Room 11:45 Lunch 12:30 Bunco-Room-B 12:45 Bingo 1:30 Beginning Computer-Room 11	**10** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3-4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room A/B 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**11** 8:30 Tai Chi-Room 3/4 9:00 Yarn Spinners-Room 1 9:00 SCAT Meeting-A/B Room **9:15 Movie: "Grown Ups"** 9:30 **March Madness Dance**-East/West Room 9:30 Morning Bingo 9:30 Sudoku-Room 5 11:45 Lunch
14 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 **10:00 Hi-Cap-by appointment** **10:00 Commission on Aging** 10:00 Adult Fitness-Room A/B 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 **12:30 Life Story Writing #7-Room 1** 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	**15** 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:30 Stretch and Flex-East/West Room **10:00 CTAP Telephone Distribution-Lobby** 10:00 Attorney-by appointment 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	**16** **8:00 Preventive Health** **8:30-11:30 Tax Preparation-Room 10-11** 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:45 Lunch **12:30 Diabetes Support Group-Room A** 12:00 Mexican Train Dominos-Room B 12:45 Bingo 1:30 Beginning Computer-Room 11 **4:30 Dinner Group at Dino's**	**17** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:00 **St. Patrick's Day Luncheon-East/West Room** 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East /West Room	**18** 8:30 Tai Chi-Room 3/4 9:00 Yarn Spinners-Room 1 **9:15 Movie:"Alice in Wonderland"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
21 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room11 10:00 Adult Fitness-Room A/B 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 **12:30 Life Story Writing #8-Room 1** 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	**22** 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:30 Stretch and Flex-East Room 10:00 Adult Fitness-Room 3/4 **10:00 Manicures & Haircuts-West Room** 10:45 Low Impact Aerobics 2-East Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	**23** 8:30-11:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room **10:00 "Understanding Jewelry w/ a Past"- DR** 11:45 Lunch 12:30 Bunco-Room B 12:45 Bingo 1:30 Beginning Computer-Room 11	**24** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 9:30 **"Fall Prevention"** CSUF Nursing Masters Students-DR 10:30 Dance Aerobics 3-East/West Room 11:00 **Birthday Lunch** 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East /West Room	**25** 8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "The Secrets of Jonathan Sperry"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:45 Lunch 9:30 TRADER JOE'S
28 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 **12:30 Life Story Writing #9-Room 1** 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	**29** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room **AVI CASINO TRIP**	**30** 8:30-11:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:00 Mexican Train Dominos-Room B 12:45 Bingo 1:30 Beginning Computer-Room 11	**31** 7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 9:30 **"Fall Prevention"** CSUF Nursing Masters Students-DR 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East /West Room	**2011** **Note: All dates, times and locations on this calendar are subject to change.** **Not all activities may be listed**

SPRING BREAK FOR MINDY MASTERS' COASTLINE COLLEGE EXERCISE CLASSES