


Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>March 2023</b> LCOA Virtual Connections Manager: Debbie Groff 717-299-7991</p>				
		<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor, "The Language of Flowers, Purple Coneflower and Aster"</p>	<p>9:00am Drumbats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 10:00am Bingocize 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates 9:00am Technology Class: "What is in My Cloud?" 11:00am Move Your Body Exercise Class</p>
<p>9:15am Exercise w/ Kathy 10:00am Bingocize 11:30am Tai Chi w/Suzanne <b>1pm Helping those with Hearing Loss</b> 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Shamrocks"</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Glacier National Park Scene" 1:30pm Bingo w/ Matt 4:00pm Boxing &amp; Balance Exercise Class</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor, "The Language of Flowers, Carnations and Cosmos"</p>	<p>9:00am Drumbats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 10:00am Bingocize 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates 9:00am Technology Class: "Using the Virtual Assistant, Siri and Alexa" 11:00am Move Your Body Exercise Class</p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne <b>1pm Remembering Lancaster County Book Club</b> 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic, "Stormy Lancaster Sky"</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Ballerina" 1:30pm Words of Fortune 4:00pm Boxing &amp; Balance Exercise Class</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor, "The Language of Flowers, Geranium and Dahlia"</p>	<p>9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates 9:00am Technology Class: "How to use the Find my Phone Feature for iPhone and Android"</p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Rainbow Clouds"</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Long's Park Ducks" 1:30pm Bingo w/ Matt 4:00pm Boxing &amp; Balance Exercise Class</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor, "The Language of Flowers, Hawthorne and Lupine"</p>	<p>9:00am Drumbats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates 9:00am Technology Class: "How to use Amazon" 11:00am Move Your Body Exercise Class</p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne <b>3:00pm Becoming Mentally Healthier in 2023</b> 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic, "Art Supplies Still Life"</p>	<p>10:00am Creative Factory Art, Acrylic Paint "Bunny Portrait" 1:30pm Call-Out Game 4:00pm Boxing &amp; Balance Exercise Class</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor, "The Language of Flowers, Olive and Rosemary"</p>	<p>9:00am Drumbats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates 9:00am Technology Class: "Apps for the Supermarket and Restaurants" 11:00am Move Your Body Exercise Class</p>