

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 6:00pm Creative Factory Art, Acrylic Paint, "Weeping Willow - Shades of Green"</p> <p style="text-align: right;">3</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "How to Draw: Drawing Confidence Booster" 1:30pm Family Face Off Game 4:00pm Boxing & Balance Exercise Class</p> <p style="text-align: right;">4</p>	<p>9:00am Parkinson's Fitness Class 11:00am In-Person Drumming Jam – must preregister with Debbie at dgroff@co.lancaster.pa.us 1:00pm Creative Factory Art, Watercolor, "Day and Night Landscape"</p> <p style="text-align: right;">5</p>	<p>9:00am Drumbeats 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 to Empower</p> <p style="text-align: right;">6</p>	<p>8:00am Pilates 9:00am Technology Class: "Smart TVs and Internet Streaming"</p>  <p style="text-align: right;">7</p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 6:00pm Creative Factory Art, Acrylic Paint, "Morning Sun through Window"</p> <p style="text-align: right;">10</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Grumpy Bluebird" 4:00pm Boxing & Balance Exercise Class</p> <p style="text-align: right;">11</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Paint, "Potted Herbs"</p> <p style="text-align: right;">12</p>	<p>9:00am Drumbeats 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 to Empower</p> <p style="text-align: right;">13</p>	<p>8:00am Pilates 9:00am Technology Class: "Best Practices for Technology Upgrades" 11:00am Move Your Body Exercise Class 1:00pm Spring Produce and Salad Demo, Giant Nutrition</p> <p style="text-align: right;">14</p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 6:00pm Creative Factory Art, Acrylic Paint, "Dragonfly"</p> <p style="text-align: right;">17</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Covered Bridge" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p> <p style="text-align: right;">18</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 11:00am Advance Planning Documents: Powers of Attorney 12:00pm Beginner Piano 1:00pm Creative Factory Art, Watercolor, "Polish Folk Art"</p> <p style="text-align: right;">19</p>	<p>9:00am Drumbeats 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 to Empower</p> <p style="text-align: right;">20</p>	<p>8:00am Pilates 9:00am Technology Class: "Do I Need a VPN?" 11:00am Move Your Body Exercise Class 1:00pm Book Club Potluck: Bring a Book Title to Share</p> <p style="text-align: right;">21</p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 3:00pm Do Physical Issues Affect Mental Wellness? MHA 6:00pm Creative Factory Art, Acrylic, "Stone Wall with Ivy"</p> <p style="text-align: right;">24</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Jonquils" 1:30pm The Missing Link 4:00pm Boxing & Balance Exercise Class</p> <p style="text-align: right;">25</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 12:00pm Beginner Piano 1:00pm Creative Factory Art, Watercolor Paint, "Portrait of Polish Artist Kathe Kollwitz"</p> <p style="text-align: right;">26</p>	<p>9:00am Drumbeats 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 to Empower</p> <p style="text-align: right;">27</p>	<p>8:00am Pilates 9:00am Technology Class: "Open Question and Answer Session" 11:00am Move Your Body Exercise Class</p> <p style="text-align: right;">28</p>

