

# MARCH 2021 DIGITAL PROGRAMMING

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:00-10:30 AM Mindfulness Meditation</p> <p>10:00 AM New to Medicare</p> <p>11 AM-12 PM TAI CHI</p> <p>1 PM Guitar Barre Chord Class (E)</p> <p>2 PM Solar for All Presentation</p>	<p>2 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>10:00 Carol Boerckel: Watercolor Class: Paint Trees in Mist and Fog</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2:00 PM Virtual Bingo: Jack Conlisk: Edward Jones</p>	<p>3 9:00-10:30 AM Mindfulness Meditation</p> <p>10:00 AM Zoom for Beginners</p> <p>11 AM-12 PM TAI CHI</p>	<p>4 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>10:00 AM Great Books</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2-3 PM Writing Workshop</p>	<p>5 9:00-10:30 AM Mindfulness Meditation</p> <p>10:00 AM ARC Avid Reader's Book Club</p> <p>10:00 AM How to Host Zoom</p> <p>12:00 PM Quilting and Sewing</p>
<p>8 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p>	<p>9 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>10:00 AM Zoom for Beginners</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2:00 PM Virtual Bingo: Ritchie Law Office, Ltd.</p>	<p>10 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p> <p>12-1:30 PM Women's Grief Support Group</p> <p>2-3:30 PM Men's Grief Support Group</p>	<p>11 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>10:00 AM How to Host Zoom</p> <p>11-12 Beginners Qigong and Taiji</p>	<p>12 9:00-10:30 AM Mindfulness Meditation</p> <p>12:00 PM Quilting and Sewing</p>
<p>15 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p>	<p>16 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>11-12 Beginners Qigong and Taiji</p> <p>1:00 PM Parkinson's Group</p> <p>2:00 PM Virtual Bingo: Sugar Creek Alzheimer's Special Care Center</p>	<p>17 9:00-10:30 AM Mindfulness Meditation</p> <p>10:00 Carol Boerckel: Watercolor Class: How to Paint Rocks in Water</p> <p>11 AM-12 PM TAI CHI</p> <p>12:00 PM Co-ed Grief Support Group</p> <p>3:00 PM Music Enrichment with Rita Meland</p>	<p>18 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>10-11 AM ARC Foodies Group: Breakfast Dishes</p> <p>11-12 Beginners Qigong and Taiji</p>	<p>19 9:00-10:30 AM Mindfulness Meditation</p> <p>12:00 PM Quilting and Sewing</p>
<p>22 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p>	<p>23 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2:00 PM Virtual Bingo: Health Alliance Medical Plans</p>	<p>24 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p> <p>12:00 PM ARC Tech Club</p> <p>12-1:30 PM Women's Grief Support Group</p> <p>2-3:30 PM Men's Grief Support Group</p>	<p>25 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>11-12 Beginners Qigong and Taiji</p>	<p>26 9:00-10:30 AM Mindfulness Meditation</p> <p>12:00 PM Quilting and Sewing</p>
<p>29 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p>	<p>30 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2:00 PM Virtual Bingo: Sugar Creek Alzheimer's Special Care Center</p>	<p>31 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p>	<p><b>SATURDAY PROGRAMMING</b></p> <p><b>TAI CHI: 9-10 AM</b></p>	