

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March 2010</p>	<p>9:00 Gentle Aerobics 1 9:30 Wood Carving 10:00 Weights 10:30 Aerobics Plus 11:30 Arthritis Tai Chi 12:30 Duplicate Bridge 1-4:00 Tax Aide/ Oil Painting</p>	<p>9:00 X-Ski Snowshoe² 10:00 Creative Writing 10:15 Yang Tai Chi 11:20 Arthritis Tai Chi 1:00 Bingo/ Yoga Stretch 1-4:00 Jewelry Making 2:00 Balance Plus</p>	<p>3 9:00 Gentle Aerobics 9:30 Watercolor Painting 9:30 Caregive Support 10:00 Woodworkers Mtg. 10:30 Aerobics Plus 12:45 Bridge 6:00 Line Dancing</p>	<p>10:30 Yang Tai Chi 4 11:30 Arthritis Tai Chi 12:00 Canasta 1:00 Bingo /Pinochle /& Scrabble/ Yoga Stretch 2:00 Balance Plus Computer Classes</p>	<p>5 9:00 Silver Sneakers 9:00 Strong Women 10:00 Weights 10:30 Aerobics Plus 11:30 Arthritis Tai Chi 12:45 Bridge</p>	<p>6 <i>Senior Dance</i> 7:00 - 10:00 p.m. \$5.00 per person</p>
<p>Bozeman Senior Center 586-2421</p>	<p>9:00 Gentle Aerobics 8 9:30 Wood Carving 10:00 Weights 10:30 Aerobics Plus 11:30 Arthritis Tai Chi 12:30 Duplicate Bridge 1-4:00 Tax Aide/ Oil Painting</p>	<p>9 9:00 X-Ski Snowshoe 10:00 Creative Writing 10:15 Yang Tai Chi 11:20 Arthritis Tai Chi 1:00 Bingo/ Yoga Stretch 1-4:00 Jewelry Making 2:00 Balance Plus</p>	<p>10 9:00 Gentle Aerobics 9:30 Watercolor Painting 10:30 Aerobics Plus 12:30 Blood Pressure 12:45 Bridge 1:00 Forgetters 6:00 Line Dancing</p>	<p>10:30 Yang Tai Chi 11 11:30 Arthritis Tai Chi 12:00 Canasta 1:00 Bingo /Pinochle /& Scrabble 1:00 Yoga Stretch 2:00 Balance Plus</p>	<p>12 9:30 Cinnamon Rolls 9:00 Silver Sneaker 9:00 Strong Wom. 10:00 Board Mtg. 10:30 Aerobics Plus 11:30 Arthritis Tai Chi 12:45 Bridge</p>	<p>13</p>
<p>14</p>	<p>9:00 Gentle Aerobics 15 9:30 Wood Carving 10:00 Weights 10:30 Aerobics Plus/ Book Club 11:30 Arthritis Tai Chi 12:30 Duplicate Bridge 1:30 New Member Coffee 1-4:00 Tax Aide/ Oil Painting 5:30 Pancake & Bingo</p>	<p>Texas State Day 16 9:00 X-Ski Snowshoe 10:00 Creative Writing 10:15 Yang Tai Chi 11:20 Arthritis Tai Chi 1:00 Bingo/ Yoga Stretch 1-4:00 Jewelry Making 2:00 Balance Plus</p>	<p>17 St. Patty's Dinner 9:00 Gentle Aerobics 9:30 Watercolor Painting 10:30 Aerobics Plus 12:30 Blood Pressure 12:45 Bridge 3:30 Caregive Support 6:00 Line Dancing</p>	<p>18 10:30 Yang Tai Chi 11:30 Arthritis Tai Chi 12:00 Canasta 1:00 Bingo /Pinochle/ Scrabble 1:00 Yoga Stretch 2:00 Balance Plus</p>	<p>19 12:00 WelcomeSpring 9:00 Silver Sneakers 9:00 Strong Women 10:00 Weights 10:30 Aerobics Plus 11:30 Arthritis Tai Chi 12:45 Bridge</p>	<p>20 First Day of Spring!</p>
<p>21</p>	<p>9:00 Gentle Aerobics 22 9:30 Wood Carving 10:30 Aerobics Plus 11:30 Arthritis Tai Chi 12:30 Duplicate Bridge 1-4:00 Tax Aide/ Oil Painting Foot Clinic by Appt.</p>	<p>23 9:00 X-Ski Snowshoe 10:00 Creative Writing 10:15 Yang Tai Chi 11:20 Arthritis Tai Chi 1:00 Bingo /Yoga Stretch 1-4:00 Jewelry Making 2:00 Balance Plus</p>	<p>24 9:00 Gentle Aerobics 9:30 Watercolor Painting 10:30 Aerobics Plus 12:45 Bridge 12:30 Blood Pressure 6:00 Line Dancing</p>	<p>25 9:00 Weights/ Stretching 10:30 Yang Tai Chi 11:30 Arthritis Tai Chi 12:00 Canasta 1:00 Bingo / Scrabble 1:00 Pinochle Party 1:00 Yoga Stretch 2:00 Balance Plus</p>	<p>26 9:00 Silver Sneakers 9:00 Strong Women 10:00 Weights 10:30 Aerobics Plus 11:30 Arthritis Tai Chi 12:00 Farewell Regina Party! 12:45 Bridge Party</p>	<p>27</p>
<p>28</p>	<p>9:00 Gentle Aerobics²⁹ 9:30 Wood Carving 10:00 Weights 10:30 Aerobics Plus 11:30 Arthritis Tai Chi 12:30 Duplicate Bridge 1-4:00 Tax Aide/ Oil Painting Foot Clinic by Appt.</p>	<p>30 9:00 X-Ski Snowshoe 10:00 Creative Writing 10:15 Yang Tai Chi 11:20 Arthritis Tai Chi 1:00 Bingo /Yoga Stretch 1-4:00 Jewelry Making 2:00 Balance Plus</p>	<p>Easter Dinner 31 9:00 Gentle Aerobics 9:30 Watercolor Painting 10:30 Aerobics Plus 12:45 Bridge 12:30 Blood Pressure 6:00 Line Dancing</p>	<p>10:00 - 2:00 Second Hand Rose M-F Legal Services by appt. 586-2421 Computer Instruction and Foot Clinic, by appointment 586-2421 12:30 on Wednesdays - Blood Pressure Checks Woodworkers Shop Members only 8:30 - 4:00</p> <p>www.montanaseniorcenter.org</p>		