

MARCH

MON	TUE	WED	THU	FRI
	<p>Green—Senior social Black—Senior Fitness Blue—Learn at the Y</p>			<p>1 10:00am-Cards/Board games</p>
<p>4 8:15am-Silver Sneaker Splash</p>	<p>5 10:00am—Silver Sneakers</p>	<p>6 10:00am—Aqua Fit</p>	<p>7 8:00am-Coffee and Conversation 10:00am—Silver Sneakers</p>	<p>8 10:00am-Cards/Board games</p>
<p>11 8:15am-Silver Sneaker Splash 1:00pm— Learn about your membership</p>	<p>12 10:00am—Silver Sneakers</p>	<p>13 10:00am—Aqua Fit</p>	<p>14 10:00am—Silver Sneakers</p>	<p>15 10:00am-Cards/Board games</p>
<p>18 8:15am-Silver Sneaker Splash</p>	<p>19 10:00am—Silver Sneakers</p>	<p>20 10:00am—Aqua Fit</p>	<p>21 8:00am-Coffee and Conversation 10:00am—Silver Sneakers</p>	<p>22 10:00am-Cards/Board games</p>
<p>25 8:15am-Silver Sneaker Splash 10:00am— Presentation by Select Physical Therapy</p>	<p>26 10:00am—Silver Sneakers</p>	<p>27 10:00am—Aqua Fit</p>	<p>28 10:00am—Silver Sneakers</p>	<p>29 10:00am-Cards/Board games</p>



March 25th

10:00am - 11:00am

Presentation on the treatment and prevention of neck pain. This is a review of the importance of postural strength and spine health.

Guests are welcome too! All guests must have a valid State ID or Passport

SEMINAR PRESENTED BY

