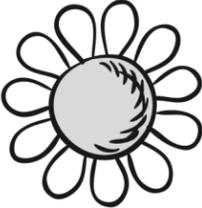


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MARCH 1 9:00 Mindful Steps 9:30 Total Body Conditioning 10:30 Chair Yoga 12:30 Lunch with the Senior Center* 12:30 Dominoes 1:00 Mah Jongg 1:00 Tai Chi 1:00 WOMENS GROUP 2:30 Milford Senior Singers	MARCH 2 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 10:30 Veterans Meeting 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	MARCH 3 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:00 LOW VISION (CANCELLED) 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	MARCH 4 9:00 Cardio Strength Circuit 10:00 Crafts with Laura (CANCELLED) 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
	MARCH 7 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	MARCH 8 9:00 Mindful Steps 9:30 Total Body Conditioning 10:00 BEREAVEMENT GROUP 10:30 Chair Yoga 12:00 RED HAT SOCIETY 12:30 Lunch with the Senior Center* 12:30 Dominoes 1:00 Tai Chi 1:00 Mah Jongg	MARCH 9 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	MARCH 10 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut 11:00 Whist 11:30 WELLNESS WORKSHOP 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage
MARCH 14 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	MARCH 15 9:00 Mindful Steps 9:30 Total Body Conditioning 10:00 BOOK GROUP 10:30 Chair Yoga 11:00 WRITER'S GROUP 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi 2:30 Milford Senior Singers	MARCH 16 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	MARCH 17 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut 11:00 Whist 11:00 MSC GRAB & GO 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	MARCH 18 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
MARCH 21 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	MARCH 22 9:00 Mindful Steps 9:30 Total Body Conditioning 10:30 Chair Yoga 11:00 FORTUNE COOKIE CLUB 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi	MARCH 23 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	MARCH 24 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	MARCH 25 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 11:00 GRAB & GO SACRED HEART CHURCH GENE'S VARIETY 12:30 Lunch with the Senior Center*
MARCH 28 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	MARCH 29 9:00 Mindful Steps 9:30 Total Body Conditioning 10:30 Chair Yoga 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi	MARCH 30 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	MARCH 31 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:00 MEN'S GROUP 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	APRIL 1 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
APRIL 4 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	APRIL 5 9:00 Mindful Steps 9:30 Total Body Conditioning 10:30 Chair Yoga 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 WOMENS GROUP 1:00 Mah Jongg 1:00 Tai Chi 2:30 Milford Senior Singers	APRIL 6 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 10:30 Veterans Meeting 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	APRIL 7 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:00 LOW VISION WORKSHOP 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	APRIL 8 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
APRIL 11 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	APRIL 12 9:00 Mindful Steps 9:30 Total Body Conditioning 10:00 BEREAVEMENT GROUP 10:30 Chair Yoga 12:00 RED HAT SOCIETY 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi	APRIL 13 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	APRIL 14 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut 11:00 Whist 11:30 WELLNESS WORKSHOP 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	APRIL 15 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
 CLOSED	APRIL 19 9:00 Mindful Steps 9:30 Total Body Conditioning 10:00 BOOK GROUP 10:30 Chair Yoga 11:00 WRITER'S GROUP 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi 2:30 Milford Senior Singers	APRIL 20 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat 1:00 TRIVIA	APRIL 21 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:30 Cardio Cut 11:00 MSC GRAB & GO 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	APRIL 22 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 12:30 Lunch with the Senior Center*
APRIL 25 8:30 Pilates 9:30 Barre 9:30 Cribbage 10:30 Strength & Fall Prevention 1:00 Low Impact Fitness	APRIL 26 9:00 Mindful Steps 9:30 Total Body Conditioning 10:30 Chair Yoga 11:00 FORTUNE COOKIE CLUB 12:30 Dominoes 12:30 Lunch with the Senior Center* 1:00 Mah Jongg 1:00 Tai Chi	APRIL 27 9:00 Gentle Yoga 9:00 Wellness Nurse 10:00 Strength & Fall Prevention 11:00 Groove & Sculpt 12:00 Watercolor Painting Class 12:30 Lunch with the Senior Center* 12:30 Muscle & Mat	APRIL 28 9:00 Wellness Nurse 9:00 Knitting/Crocheting 9:00 Yoga 10:00 MEN'S GROUP 10:30 Cardio Cut 11:00 Whist 12:30 Lunch with the Senior Center* 1:00 Low Impact Fitness 1:00 Cribbage	APRIL 29 9:00 Cardio Strength Circuit 10:00 Crafts with Laura 10:30 Groove & Sculpt 11:00 GRAB & GO SACRED HEART CHURCH GENE'S VARIETY 12:30 Lunch with the Senior Center*

*Lunch with the Senior Center broadcasts live from Milford TV Tuesday thru Friday at 12:30 pm. Tune into Channel 8 (Comcast) or Channel 38 (Verizon)