

# March Active Adult 55+ Calendar

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	<b>3</b> Senior Strength 8-9:00am 1pm - 2:30pm Cash Bingo	<b>4</b> 9am - 12pm Dominoes 1pm Bowling @ Strikz 6:30pm - 7:30pm Zumba	<b>5</b> 8am - 9am Morning Yoga 6:30pm - 7:30pm Evening Yoga	<b>6</b> 8am - 9am Chair Yoga 12pm - 3:30pm Canasta	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> Senior Strength 8-9:00am 1pm - 2:30pm Cash Bingo	<b>11</b> 9am - 12pm Dominoes 1pm Bowling @ Strikz 6:30pm - 7:30pm Zumba	<b>12</b> 9am - 11am Mayor's Coffee 	<b>13</b> 12pm - 3:30pm Canasta	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> Senior Strength 8-9:00am 1pm - 2:30pm Cash Bingo	<b>18</b> 9am - 12pm Dominoes 1pm Bowling @ Strikz 6:30pm - 7:30pm Zumba	<b>19</b> 8am - 9am Morning Yoga 6:30pm - 7:30pm Evening Yoga	<b>20</b> 8am - 9am Chair Yoga 12pm - 3:30pm Canasta	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> Senior Strength 8-9:00am Lecture Series 10-11:00am 1pm -2:30pm Cash Bingo	<b>25</b> 9am - 12pm Dominoes 1pm Bowling @ Strikz 6:30pm - 7:30pm Zumba	<b>26</b> 8am - 9am Morning Yoga 6:30pm - 7:30pm Evening Yoga	<b>27</b> 8am - 9am Chair Yoga 12pm - 3:30pm Canasta	<b>28</b>	<b>29</b> 1pm - 2:30pm Watercolor Painting
<b>30</b>	<b>31</b> Senior Strength 8-9:00am 1pm - 2:30pm Cash Bingo	<b>1</b> 9am - 12pm Dominoes 1pm Bowling @ Strikz 6:30pm - 7:30pm Zumba	<b>2</b> 8am - 9am Morning Yoga 6:30pm - 7:30pm Evening Yoga	<b>3</b> 8am - 9am Chair Yoga 12pm - 3:30pm Canasta	<b>4</b>	<b>5</b>



**\*\*\*Please check our website for up-to-date information and cancellations.\*\*\***

**Dominoes:** Any variety of dominoes-based games including Mexican Train, 42, or even Chickenfoot.

**Canasta:** Score points by making as many melds as possible, including canastas.

**Book Club:** Every two months. Come discuss a selected book organized by the Prosper Community Library. Please visit our webpage for more details.

**Cash Bingo:** \$10 for 10 games. 3 chances to win per game. We will pay out up to \$10 per game, depending on amount of players. Any amount leftover will be raffled off. No registration required.

**Bowling:** No obligations, penalties, competition, or teams. No registration required. \$12 per week due at the door. Location is Strikz Entertainment at 8789 Lebanon Rd, Frisco, TX 75034.

**Estate Planning 101 Lecture Series:** Join us to learn how to make sure your family inherits a blessing and not a curse. Presentation given by Prosper Attorney, Janelle Creme, who will help you plan for the future and make things easier for your heirs. RSVP required.

**Yoga:** Build strength and confidence, on and off the mat. You'll leave feeling refreshed and balanced. \$15/session or \$12/session if you buy the whole month.

**Chair Yoga:** Great for those with limited mobility, vertigo, or simply don't want to have to get on the floor to get all the same benefits as a mat class. \$15/session or \$12/session if you buy the whole month.

**Zumba:** Come to this energetic class to have some fun and burn some calories! Class led by Tata Brutton, certified Zumba instructor for nearly ten years. \$15/session or \$12/session if you buy the whole month.

**Senior Strength:** Increase physical strength through weight bearing and resistance exercises. Work all major muscle groups from head to toe. Finish with core training and stretching for a complete workout! \$12 a class when you register for the entire month, OR \$15 to drop in.

**Watercolor Painting (Value Study Portrait):** Join us for a fun and relaxing watercolor class where you'll explore your creativity in a mess-free environment! \$42 for this individual class. Register online.

