

Weekly Classes & Events

MONDAYS

BINGO STARTING MARCH 13 **10-11AM**

Can't wait to YELL BINGO! Come on in and let's have fun!!

IN-CENTER

MR. BROWN'S COMPUTER CLASS **10-11AM**

Learn new things on your computer, tablet or cellphone. Cost: \$2.00

ZOOM & IN-CENTER

ID Number: 893 5693 1202

Call In Phone #: 1-301-715-8592

STRETCH & SHAKE EXERCISE CLASS **WITH JANET FORD • 1-2PM** **MARCH 6 (ON ZOOM)**

(This will be the last time that Stretch & Shake will be held on Zoom)

MARCH 13, 20 & 27 (IN-CENTER)

Let's improve our health with a low impact chair exercise. Cost: \$1.00

TUESDAYS

CHAIR MASSAGE • 10AM **MARCH 7 & 21** **IN-CENTER ONLY**

Please make sure you sign-up to get a massage w/ John Johnson. Cost: \$2.00

POTTERY CLASS • 10AM-12PM **IN-CENTER ONLY**

Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-made objects and figurines. Cost: \$3.00

SOUL LINE DANCING WITH GLORIA **KINGCADE • 11AM-12PM** **IN-CENTER ONLY**

Love to dance? Show off by learning the latest line dance steps as you move and grove to the latest line dance hits. Cost: \$1.00

CRAFTWORK, CARDS & MORE • **12:30pm** **IN-CENTER ONLY**

If art is something, you enjoy join this art class and create one of a kind beautiful art piece. Cost: \$2.00

WEDNESDAYS

BINGO MARCH 8 ONLY • 10-11AM **IN-CENTER**

Can't wait to YELL BINGO! Come on in and let's have fun!!

PAINTING CLASS • 10AM-12PM **IN-CENTER ONLY:** Art Room

Join our painting class with Sheena Garcia, this class will allow you to express yourself through painting. Cost: \$2.00

BIBLE STUDY • 10-10:45AM **IN-CENTER ONLY**

Join Robert Liken for a non-denominational study of the Bible. Free

BEST DAY OF MY LIFE SO FAR • **11-11:45AM** **IN-CENTER ONLY**

Join Farrah & Fiona in this creative writing class. We will share our unforgettable memories, laughter, lessons, life and love. Never written before? Not a problem! Free.

PAPER MACHE CLASS • 12:30-2:30PM **IN-CENTER ONLY:** Art Room

Learn this artform with Sheena Garcia. Cost: \$2.00

IN-CENTER ONLY: Art Room

THURSDAYS

BINGO • 10-11AM

Can't wait to YELL BINGO! Come on in and let's have fun!!

IN-CENTER

ART & CRAFTS CLASS • 10AM **IN-CENTER ONLY**

Create one of a kind beautiful art piece. Cost: \$2.00

PHENOMENAL WOMEN • 10-11AM

Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out! Free.

IN-CENTER ONLY

FLOWER ARRANGEMENT **EVERY THIRD THURSDAY (3/16) • 1PM** **IN-CENTER ONLY**

Enjoy making your very own arrangement use beautiful freshly cut flowers of all different color, shapes, and sizes. Cost: \$3.00

FRIDAYS

BINGO • 10-11AM

Can't wait to YELL BINGO! Come on in and let's have fun!!

IN-CENTER

BIBLE STUDY • 10-11AM

Join Minister Calvin Myers for this non-denominational study group. Free.

CALL IN ONLY#: 1-701-802-5063

Password: 849 577

CROCHET CLASS • 10AM-12PM **IN-CENTER ONLY**

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00

LINE DANCING W/GLORIA • 10-11AM **IN-CENTER ONLY**

Do you love to dance? Show off your skills by learning the latest line dance steps as you move and grove to the latest line dance hits. Cost: \$1.00

YOGA W/KAREN THOMPSON • 1-2PM

This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair, yoga increases flexibility and strength, tones the body, reduces tension and boosts energy.

IN-CENTER ONLY



Daylight Savings Starts:
SUNDAY, MARCH 12