

SENIOR NEWS & LIVING

Sports of All Sorts

FITNESS, HEALTH & WELLNESS



PICKLEBALL: Always FREE for Members. NON-MEMBERS: \$ 5.00/day

1. Generally: MON-FRI from 7:30 a.m.-2:30 p.m.
2. The “group” plays 8:30-11:30.
3. One court will be set aside (TUES/WED/THRS) beginning at 10:00 a.m. (10-12) for beginners to play and learn how to keep score.
4. THURSDAYS from 11:30-1 = *Ladies only Beginning NON-Competitive Pickleball play.*
5. BEGINNING PICKLEBALL LESSON #1 = THRS. MAR 5th from 11:30 – 1:00.
#2 = THRS. MAR 19th from 11:30 – 1:00.

NO PICKLEBALL on TUESDAY MARCH 10th!!!!



Senior LUNCH & LEARN:

MONDAY MARCH 16th: 11:30-12:15 Group Fitness Room

FREE for ALL seniors. **TWO Guest Speakers this month:**

1. Captel Telephones AND 2. BenchMark Physical Therapy.

You need to **SIGN UP IN ADVANCE** in the group fitness room to attend. Thank you.

MARK YOUR CALENDARS: Thursday March 26th = Movie Day! 1:00 p.m.

The movie is: ***Lives Well Lived*** This will be our first showing of this inspirational movie.

ANGI has purchased this DVD and is sharing it with all of you as a **FUNDRAISER** for her **BREAST CANCER WALK (“Pledge the Pink” = October, 2020) GOAL: \$2,020!!**

You will need to sign up. FREE Water & Popcorn will be served. Please consider making a donation.



BOOK CLUB: YES! We have a Book Club ☺

Tuesday March 31st @ 2:00 p.m. – Group Fitness Room Bring a snack to share!

The book for March is: **Where the Crawdads Sing** By: Delia Owens