

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

Frank G Murray Community Center

All programs are in Room A unless specified (B) or (C)~

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| <h1>March 2023</h1> <h2>Frank G Murray Community Center</h2> <p>All programs are in Room A unless specified (B) or (C)~</p> | | <p>1 *9am-3pm- Tax Commissioner's Office-by appt (C) 8:30am- Walkie Talkies 9:45am- SPRY Mat 11am- ZUMBA 12:45pm- Sit & Be Fit 1:30-3pm- Community Art (B) 5:30-7:30pm-Girl Scouts</p> | <p>2 9:30am- Pilates 10:30am-Adv Pilates 10am- ZUMBINI (B) 1-3pm-Beginner Line Dance</p> | <p>3 9:00-3pm- AARP Safe Driver Course</p> | <p>4</p> | |
| <p>5 Private Rental</p> | <p>*9am-3pm- Tax Commissioner's Office-by appt (B) 10am- Bingo Thankyou, Summer Breeze! 1-3pm- Island Kickers 5-8pm- AARP Safe Driver Course Pt1 Purim Begins</p> | <p>6 9:30am- Yoga 101 10:30am- Yoga 2.0 10:30am- Sewing Bees (C) 12:30pm- GEM 2pm-Tight &Tone 5-8pm- AARP Safe Driver Course Pt2</p> | <p>7 *9am-3pm- Tax Commissioner's Office-by appt (C) 8:30am- Walkie Talkies 9:45am- SPRY Mat 11am- ZUMBA 12:45pm- Sit & Be Fit 1-3pm-TechHelp (Email 101)</p> | <p>8 9:30am- Pilates 10:30am-Adv Pilates 10am- ZUMBINI (B) 1-3pm-Beginner Line Dance</p> | <p>9 No activities – Set Up for Thrift Sale</p> | <p>10 INDOOR THRIFT SALE 9am-12pm</p> |
| <p>12 Daylight Saving Time Begins</p> | <p>*9am-3pm- Tax Commissioner's Office-by appt (B) 10am- Bingo</p> | <p>13 9:30am- Yoga 101 10:30am- Yoga 2.0 11am-1pm-TechHelp (Email 101) 1:00-3p- Caregiver Support Group (C) 2pm-Tight &Tone</p> | <p>14 *9am-3pm- Tax Commissioner's Office-by appt (C) 8:30am- Walkie Talkies 9:45am- SPRY Mat 12:45pm- Sit & Be Fit 1:30-3pm- Community Art (B) 5:30-7:30pm-Girl Scouts</p> | <p>15 9:30am- Pilates 10:30am-Adv Pilates 10am- ZUMBINI (B) make up class 1-3pm-Beginner Line Dance 1-3pm- SEED SWAP (B)</p> | <p>16 9:45am- SPRY Chair+ Mat 11am- SPRY Chair only St. Patrick's Day</p> | <p>17</p> |
| <p>19</p> | <p>*9am-3pm- Tax Commissioner's Office-by appt (B) 10am- Bingo 11:15am- Lunch Bunch *Registration for April begins at 9am today Spring Begins</p> | <p>20 9:30am- Yoga 101 10:30am- Yoga 2.0 10:30am- Sewing Bees (C) 12:30pm- GEM 2pm-Tight &Tone</p> | <p>21 *9am-3pm- Tax Commissioner's Office-by appt (C) 8:30am- Walkie Talkies 9:45am- SPRY Mat 11am- ZUMBA 12:45pm- Sit & Be Fit 1-3pm-TechHelp (Text 101)</p> | <p>22 9:30am- QiGong (video w/ staff) 11am-1pm-TechHelp (Email/Text 101) 1-2pm-SUPER SENSES interactive film</p> | <p>23 9:45am- SPRY Chair+ Mat 11am- SPRY Chair only 7-10pm- Community CONTRA DANCE</p> | <p>24 Private Rental</p> |
| <p>26 *9am-3pm- Tax Commissioner's Office-by appt (B) 10am- Bingo 1-3pm- Island Kickers</p> | <p>27 9:30am- Yoga 101 10:30am- Yoga 2.0 For Brain Health! 11am-1pm-TechHelp (Text 101) 12:30pm- GEM 2pm-Tight &Tone</p> | <p>28 *9am-3pm- Tax Commissioner's Office-by appt (C) 8:30am- Walkie Talkies 9:45am- SPRY Mat 11am- ZUMBA 12:45pm- Sit & Be Fit 1:30-3pm- Community Art (B) 5:30-7:30pm-Girl Scouts</p> | <p>29 9:30am- Pilates 10:30am-Adv Pilates For Brain Health! 1-3pm-Beginner Line Dance</p> | <p>30 9:45am- SPRY Chair+ Mat 11am- SPRY Chair only</p> | <p>31</p> |  |