



MARCH



Calendar of Events

Programs subject to change

Visit the Greenwich Senior Center Website for Up-to-Date Information and Changes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>GREEN = ON SITE ITALICS = ZOOM ONLY BLUE = OFF SITE RED = HYBRID (Live & Zoom)</p>	<p>Registration is REQUIRED for ALL classes CALL 203-862-6707 or stop in the Senior Center Office or Register online at MyActiveCenter</p> <p>ZOOM ID 3032051305</p>	<p>1 10:00 It's a Matter of Balance 10:45 Range of Movement 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class</p>	<p>2 9:15 <i>Meditation w/Megan</i> 10:30 Tai Chi 10:30 Zumba ZOOM 11:15 Mat Strength & Flexibility ZOOM 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance</p>	<p>3 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting 10:30 Chair Yoga w/Jeannie ZOOM 10:30 Tai Chi 11:30 TANGO</p>
<p>6 9:15 <i>Meditation w/Megan</i> 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls 1:30 Zumba LIVE 2:30 <i>Short Stories w/Carroll Stenson</i></p>	<p>7 9:00 Fit After 50 9:55 1:1 Tech Time 10:00 Advanced Art 11:00 Tai Chi 10:45 Arthritis Mobility 11:45 Chair Yoga</p> <p>1:00 Botanical Center 1:00 Intermediate Art 1:00 Floor Yoga w/Jeannie 2:00 Walk the Distance @ Grass Island</p> <div style="border: 1px solid black; padding: 2px; width: fit-content;"> <p>Free Blood Pressure Screening 11:30am</p> </div>	<p>8 10:00 It's a Matter of Balance 10:45 Range of Movement 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class</p>	<p>9 9:15 <i>Meditation w/Megan</i> 10:30 Tai Chi 10:30 Zumba ZOOM 11:15 Mat Strength & Flexibility ZOOM 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 1:00 Chat about Cataracts w/Gwich Woods 3:00 NIA Dance</p>	<p>10 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting 10:30 Chair Yoga w/Jeannie ZOOM 10:30 Tai Chi 11:30 TANGO</p>
<p>13 9:15 <i>Meditation w/Megan</i> 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls 1:30 Zumba LIVE</p>	<p>14 9:00 Fit After 50 9:55 NO 1:1 TECH TIME 10:00 Advanced Art 11:00 Tai Chi 10:45 Arthritis Mobility 11:45 Chair Yoga</p> <p>1:00 Intermediate Art 1:00 Floor Yoga w/Jeannie 2:00 Walk the Distance @ Grass Island</p>	<p>15 10:00 It's a Matter of Balance 10:45 Range of Movement 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class</p>	<p>16 9:15 <i>Meditation w/Megan</i> 10:30 Tai Chi 10:30 Zumba ZOOM 11:15 Mat Strength & Flexibility ZOOM 12:00 Grab-n-Go Lunch – Plaza Restaurant 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance</p>	<p>17 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting 10:30 Chair Yoga w/Jeannie ZOOM 10:30 Tai Chi 11:30 TANGO</p>
<p>20 9:15 <i>Meditation w/Megan</i> 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls 1:30 Zumba LIVE 2:30 <i>Short Stories w/Carroll Stenson</i></p>	<p>21 9:00 Fit After 50 9:55 NO 1:1 TECH TIME 10:00 Advanced Art 11:00 Tai Chi 10:45 Arthritis Mobility 11:45 Chair Yoga</p> <p>1:00 Intermediate Art 1:00 Floor Yoga w/Jeannie 2:00 Walk the Distance @ Grass Island</p>	<p>22 10:00 It's a Matter of Balance 10:45 Range of Movement 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class</p>	<p>23 9:15 <i>Meditation w/Megan</i> 10:30 Tai Chi 10:30 Zumba ZOOM 11:15 Mat Strength & Flexibility ZOOM 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance</p> <div style="border: 1px solid black; padding: 2px; width: fit-content;"> <p>Free Blood Pressure Screening 11:30am</p> </div>	<p>24 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting 10:30 Chair Yoga w/Jeannie ZOOM 10:30 Tai Chi 11:30 TANGO</p>
<p>27 9:15 <i>Meditation w/Megan</i> 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls 1:30 Zumba LIVE</p>	<p>28 9:00 Fit After 50 9:55 1:1 Tech Time 10:00 Advanced Art 11:00 Tai Chi 10:45 Arthritis Mobility 11:45 Chair Yoga</p> <p>1:00 Intermediate Art 1:00 Floor Yoga w/Jeannie 2:00 Walk the Distance @ Grass Island</p>	<p>29 10:00 It's a Matter of Balance 10:45 Range of Movement 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class</p>	<p>30 9:15 <i>Meditation w/Megan</i> 10:30 Tai Chi 10:30 Zumba ZOOM 11:15 Mat Strength & Flexibility ZOOM 12:00 Grab-n-Go Lunch – Pasta Vera 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance</p>	<p>31 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting 10:30 Chair Yoga w/Jeannie ZOOM 10:30 Tai Chi 11:30 TANGO</p>