<table>
<thead>
<tr>
<th>Time</th>
<th>Monday, March 2, 2020</th>
<th>Tuesday, March 3, 2020</th>
<th>Wednesday, March 4, 2020</th>
<th>Thursday, March 5, 2020</th>
<th>Friday, March 6, 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>Intermediate Bridge:&lt;br&gt;Documentary: Get me Roger Stone&lt;br&gt;Chess w/ David&lt;br&gt;Balance &amp; Stretch w/Sungmin</td>
<td>Tennis w/ Mike&lt;br&gt;Chinese Brush Painting w/ Jade&lt;br&gt;Wellness Group w/ Jundong&lt;br&gt;Age Perfect w/ Pilates w/Maria&lt;br&gt;Sing Along w/ Koji</td>
<td>Computer Class AM w/Jose&lt;br&gt;Chinese Brush&lt;br&gt;Wellness Workshop: Patient&lt;br&gt;History Hour: Panther Baby</td>
<td>Computer Class AM w/Jose&lt;br&gt;Piano w/ Koji&lt;br&gt;Wellness Workshop: Exercise&lt;br&gt;Meditative Movement&lt;br&gt;Meditative Movement w/ Thea</td>
<td>Computer Class AM w/Jose&lt;br&gt;Wellness Workshop: Exercise&lt;br&gt;Meditative Movement&lt;br&gt;Meditative Movement w/ Thea</td>
</tr>
<tr>
<td>12:30</td>
<td>Chess w/ David&lt;br&gt;Balance &amp; Stretch w/Sungmin&lt;br&gt;Friday, March 13, 2020</td>
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<td>2:00</td>
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</tbody>
</table>

**ANNEX**

- CLOSED 11:00
- Strength Training w/ Rachel 1:30
- Strength and Motion w/ Rachel 2:00
- Silver Cardio Jam w/Dave 3:00
- Tower Gardening: Urban Farming 4:00
- Tower Gardening: Urban Farming 5:00

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**ANNEX**

- CLOSED 11:00
- Computer Class AM w/Jose 12:30
- Basic Abstract Painting w/ Susan 2:00
- Basic Abstract Painting w/ Susan 4:00
- Life Model Drawing 5:15

---

**ANNEX**

- CLOSED 11:00
- Silver Cardio Jam w/Dave 2:00
- Silver Cardio Jam w/Dave 3:00
- Silver Cardio Jam w/Dave 4:00
- Silver Cardio Jam w/Dave 5:00

---

**ANNEX**

- CLOSED 11:00
- Computer Class AM w/Jose 12:30
- Basic Abstract Painting w/ Susan 2:00
- Basic Abstract Painting w/ Susan 4:00
- Life Model Drawing 5:15

---

**ANNEX**

- CLOSED 11:00
- Silver Cardio Jam w/Dave 2:00
- Silver Cardio Jam w/Dave 3:00
- Silver Cardio Jam w/Dave 4:00
- Silver Cardio Jam w/Dave 5:00
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>10:00</td>
<td>Intermediate Bridge</td>
<td>Intermediate Bridge</td>
<td>Computer Class AM w/Jose</td>
<td>Computer Class AM w/Jose</td>
<td>Computer Class AM w/Jose</td>
<td>Computer Class AM w/Jose</td>
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<tr>
<td>12:30</td>
<td>Juilliard Performance</td>
<td>Chess w/ David</td>
<td>Chair Yoga w/ Jennifer</td>
<td>Chair Yoga w/ Jennifer</td>
<td>Chair Yoga w/ Jennifer</td>
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<tr>
<td>12:30</td>
<td>Chess w/ David</td>
<td>History: Treaty of Ryswick</td>
<td>Music To Dine For w/Dianne</td>
<td>Music To Dine For w/Dianne</td>
<td>Music To Dine For w/Dianne</td>
<td>Music To Dine For w/Dianne</td>
<td>Music To Dine For w/Dianne</td>
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<tr>
<td>2:00</td>
<td>Balance &amp; Stretch w/Sungmin</td>
<td>Spanish Class w/Edwin</td>
<td>Chinese Brush Painting w/ Jade</td>
<td>Chinese Brush Painting w/ Jade</td>
<td>Chinese Brush Painting w/ Jade</td>
<td>Chinese Brush Painting w/ Jade</td>
<td>Chinese Brush Painting w/ Jade</td>
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<tr>
<td>2:00</td>
<td>History Hour: The Industrial Revolution</td>
<td>Age Perfect with Pilates w/Manja</td>
<td>Age Perfect with Pilates w/Manja</td>
<td>Age Perfect with Pilates w/Manja</td>
<td>Age Perfect with Pilates w/Manja</td>
<td>Age Perfect with Pilates w/Manja</td>
<td>Age Perfect with Pilates w/Manja</td>
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<tr>
<td>1:00</td>
<td>Chinese Brush Painting w/ Lighthouse Guild</td>
<td>Basic Abstract Painting w/ Susan</td>
<td>Basic Abstract Painting w/ Susan</td>
<td>Basic Abstract Painting w/ Susan</td>
<td>Basic Abstract Painting w/ Susan</td>
<td>Basic Abstract Painting w/ Susan</td>
<td>Basic Abstract Painting w/ Susan</td>
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<tr>
<td>2:00</td>
<td>Chinese Brush Painting w/ Jade</td>
<td>Su-Casa Poetry in Movement w/ Navarra</td>
<td>Movement w/ Navarra</td>
<td>Movement w/ Navarra</td>
<td>Movement w/ Navarra</td>
<td>Movement w/ Navarra</td>
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<td>2:15</td>
<td>Age Perfect with Pilates w/Manja</td>
<td>Poetry Circle w/Chocolate</td>
<td>History Hour: Iran-Contra Affair</td>
<td>History Hour: Iran-Contra Affair</td>
<td>History Hour: Iran-Contra Affair</td>
<td>History Hour: Iran-Contra Affair</td>
<td>History Hour: Iran-Contra Affair</td>
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<tr>
<td>3:00</td>
<td>Age Perfect with Pilates w/Manja</td>
<td>History Hour: Iran-Contra Affair</td>
<td>Wellness Workshop: Lower Body Strength Exercises</td>
<td>Wellness Workshop: Lower Body Strength Exercises</td>
<td>Wellness Workshop: Lower Body Strength Exercises</td>
<td>Wellness Workshop: Lower Body Strength Exercises</td>
<td>Wellness Workshop: Lower Body Strength Exercises</td>
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<td>4:00</td>
<td>History Hour w/Rachel</td>
<td>Computer Lab Leader w/Donald</td>
<td>Computer Lab Leader w/Donald</td>
<td>Computer Lab Leader w/Donald</td>
<td>Computer Lab Leader w/Donald</td>
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<td>4:30</td>
<td>Chinese Brush Painting w/ Jade</td>
<td>Computer Lab Leader w/Donald</td>
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<tr>
<td>11:00</td>
<td>Zumba w/ Tia</td>
<td>Tower Gardening: Urban Farming</td>
<td>Silver Cardio Jam w/Dayle</td>
<td>Silver Cardio Jam w/Dayle</td>
<td>Silver Cardio Jam w/Dayle</td>
<td>Silver Cardio Jam w/Dayle</td>
<td>Silver Cardio Jam w/Dayle</td>
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<tr>
<td>1:30</td>
<td>Strength Training w/ Rachel</td>
<td>SAIL w/Rachel</td>
<td>Strength and Motion w/ Jessica</td>
<td>Strength and Motion w/ Jessica</td>
<td>Strength and Motion w/ Jessica</td>
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<tr>
<td>2:30</td>
<td>SAIL w/Rachel</td>
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</table>

**Monday, March 23, 2020**

- **10:00** Computer Class AM w/Jose
- **12:30** Chess w/ David
- **2:00** Balance & Stretch w/Sungmin
- **2:00** History Hour: The Industrial Revolution
- **1:00** Chinese Brush Painting w/ Jade
- **2:00** Spanish Class w/ Edwin
- **2:00** Age Perfect with Pilates w/Manja
- **3:00** History Hour: Iran-Contra Affair
- **4:00** History Hour w/Rachel
- **4:30** Chinese Brush Painting w/ Jade
- **11:00** CLOSED
- **1:30** Strength Training w/ Rachel
- **2:30** SAIL w/Rachel

**Tuesday, March 24, 2020**

- **10:00** Computer Class AM w/Jose
- **12:30** Chess w/ David
- **2:00** Balance & Stretch w/Sungmin
- **2:00** History Hour: The Industrial Revolution
- **1:00** Chinese Brush Painting w/ Jade
- **2:00** Spanish Class w/ Edwin
- **2:00** Age Perfect with Pilates w/Manja
- **3:00** History Hour: Iran-Contra Affair
- **4:00** History Hour w/Rachel
- **4:30** Chinese Brush Painting w/ Jade
- **11:00** CLOSED
- **1:30** Strength Training w/ Rachel
- **2:30** SAIL w/Rachel

**Wednesday, March 25, 2020**

- **10:00** Computer Class AM w/Jose
- **12:30** Chess w/ David
- **2:00** Balance & Stretch w/Sungmin
- **2:00** History Hour: The Industrial Revolution
- **1:00** Chinese Brush Painting w/ Jade
- **2:00** Spanish Class w/ Edwin
- **2:00** Age Perfect with Pilates w/Manja
- **3:00** History Hour: Iran-Contra Affair
- **4:00** History Hour w/Rachel
- **4:30** Chinese Brush Painting w/ Jade
- **11:00** CLOSED
- **1:30** Strength Training w/ Rachel
- **2:30** SAIL w/Rachel

**Thursday, March 26, 2020**

- **10:00** Computer Class AM w/Jose
- **12:30** Chess w/ David
- **2:00** Balance & Stretch w/Sungmin
- **2:00** History Hour: The Industrial Revolution
- **1:00** Chinese Brush Painting w/ Jade
- **2:00** Spanish Class w/ Edwin
- **2:00** Age Perfect with Pilates w/Manja
- **3:00** History Hour: Iran-Contra Affair
- **4:00** History Hour w/Rachel
- **4:30** Chinese Brush Painting w/ Jade
- **11:00** CLOSED
- **1:30** Strength Training w/ Rachel
- **2:30** SAIL w/Rachel

**Friday, March 27, 2020**

- **10:00** Computer Class AM w/Jose
- **12:30** Chess w/ David
- **2:00** Balance & Stretch w/Sungmin
- **2:00** History Hour: The Industrial Revolution
- **1:00** Chinese Brush Painting w/ Jade
- **2:00** Spanish Class w/ Edwin
- **2:00** Age Perfect with Pilates w/Manja
- **3:00** History Hour: Iran-Contra Affair
- **4:00** History Hour w/Rachel
- **4:30** Chinese Brush Painting w/ Jade
- **11:00** CLOSED
- **1:30** Strength Training w/ Rachel
- **2:30** SAIL w/Rachel
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<td>10:00</td>
<td>Intermediate Bridge</td>
<td>Computer Class AM w/Jose</td>
<td>AARP Taxes</td>
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<tr>
<td>10:00</td>
<td>Chair Yoga w/ Jennifer</td>
<td>Music To Dine For w/Dianne</td>
<td>Qi Gong w/ Ken</td>
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<td>10:00</td>
<td>Computer Class w/Jose</td>
<td>Computer Class w/Jose</td>
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<tr>
<td>11:30</td>
<td>Health Talk w/Columbia OT</td>
<td>AARP Taxes</td>
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<td>Chinese Brush Painting</td>
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<td>1:00</td>
<td>Discussion Group w/ Johnnie</td>
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<td>2:00</td>
<td>Spanish Class w/ Edwin</td>
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<td>2:15</td>
<td>Age Perfect with Pilates w/Maria</td>
<td>Age Perfect with Pilates w/Maria</td>
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<td>3:00</td>
<td>History Hour: Tom Brokaw</td>
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<td>3:15</td>
<td>Sing Along with Koji</td>
<td>Sing Along with Koji</td>
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<td>4:00</td>
<td>Computer Lab Leader w/ Donald</td>
<td>Piano w/ Koji</td>
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<td>4:30</td>
<td>Piano w/ Koji</td>
<td>Piano w/ Koji</td>
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<tr>
<td>11:00</td>
<td>Zumba w/ Tia</td>
<td>Tower Gardening: Urban Farming</td>
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<tr>
<td>1:30</td>
<td>Strength Training w/ Rachel</td>
<td>Fit For Life w/Ken</td>
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<tr>
<td>2:30</td>
<td>SAIL w/Rachel</td>
<td>Silver Cardio Jam w/Dayle</td>
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