

# March 2010

## Neptune Beach Senior Activity Center

2004 Forest Avenue - Neptune Beach, Florida 32266 - 904-270-1688

<b>MONDAY</b>	10AM-NOON	IMPROVE YOUR BRIDGE
	10:30AM-11:30AM	SENIOR TAP
	10AM-4PM	OPEN PLAY CARDS
	12:30PM-3:30PM	DUPLICATE BRIDGE GAME
	5:30PM-6:30PM	AEROBICS
	7PM-8:30PM	GENTLE YOGA
<b>TUESDAY</b>	9AM-4PM	OPEN PLAY CARDS
	10AM-NOON	ART/PAINTING (3/9 & 23/23)
	10AM-11AM	QIGONG TAI CHI
	11AM-NOON	FITNESS FOR SENIORS
	12:30PM-1:15PM	SILVER SNEAKERS
	1PM-4PM	BEADING/JEWELRY MAKING
	1PM-3PM	BILLARDS
	1PM-2PM	PASSAGES-GRIEF SUPPORT GROUP
	2PM-4PM	BEGINNING BRIDGE (MAR 2-30)
7PM-10PM	DUPLICATE BRIDGE	
<b>WEDNESDAY</b>	9AM-NOON	MAHJONG
	10AM-11AM	GENTLE YOGA
	11:15AM-NOON	SILVER SNEAKERS
	1PM-4PM	OPEN PLAY CARDS
	2PM-4PM	RUBBER STAMPING & CARD MAKING (3/10 & 3/24)
	5:30PM-6:30PM	AEROBICS
	6:30PM-7:15PM	BEGINNING/INTERMEDIATE TAP
	7:30PM-9PM	SASSY TAPPERS
6:30PM-8:30PM	PILLOW PALS	
<b>THURSDAY</b>	9AM-10:30AM	TOPS-TAKING OFF POUNDS SENSIBLY
	9AM-4PM	OPEN PLAY CARDS
	10AM-11AM	QIGONG TAI CHI
	10AM-11:30AM	BLOOD PRESSURE /GLUCOSE SCREENING (3/4)
	11AM-NOON	FITNESS FOR SENIORS
	12:30PM-1:15PM	SILVER SNEAKERS
	1:30PM-4PM	MATINEE MOVIE
	3:30PM-5PM	UKULELE ENSEMBLE
7PM-10PM	COASTAL QUILTERS (3/4)	
<b>FRIDAY</b>	9AM-3PM	QUILTING
	10AM-3PM	OPEN PLAY CARDS
	10:30AM-11:15AM	SILVER SNEAKERS
	NOON-4PM	AARP TAX AIDE-FREE TAX FILING SERVICE
	1PM-3PM	GOLD & SILVER PARTY
<b>SATURDAY</b>	8:30AM-4PM	BEACH BUMS (3/20)
	9AM-2PM	COASTAL QUILTERS CLASS
	3PM-7PM	PING PONG
<b>SUNDAY</b>	7PM-9PM	SUNDAY NIGHT DISCUSSION

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### Special Things for You!

#### THURSDAY MOVIE MATINEE MADNESS AT 1:30PM

MARCH 4 "AMELIA;" MARCH 11 "LOVE HAPPENS;"  
MARCH 18 "EVERYBODY'S FINE;" MARCH 25 "COCO BEFORE CHANNEL"

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MARCH 2 @ 1PM BEAD CHICKS-SPECIAL JEWELRY MAKING!

MAR 3 & 17 @ 2pm AARP MEDICARE COMPLETE- CHOICES IN 2010 FROM SECURE HORIZONS

MAR 4 10am Glucose Screening, APEX Blood Pressure Screening

MARCH 13 & 14 AARP DRIVING CLASS- REGISTRATION REQUIRED

MARCH 24 @ 12:30P.M. LUNCH & LEARN "Anti-Inflammation Diet with Dr. Huber

JACKSONVILLE SUNS vs. FLORIDA MARLINS FRIDAY, APRIL 2