































Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatments 9:30 Senior Tabata Boot Camp 9:30 Plus-Size Yoga 10:00 TRIP-S.A.C. Advocacy Day 10:00 Enhance Wholeness Lifestyle 10:30 Pilates 11:30 Therapeutic Treatments 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Tai Chi 3D</p> 	<p>2 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:00 Active Living-ALED (NEW) 9:30 Chair Fitness 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutritionist (NEW) 11:00 Blood Pressure 1:00 PRESENTATION - Creativi-TEA 1:15 R.I.P.P.E.D. 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing</p> 	<p>3 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 ASSEMBLY MEETING  1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p>	<p>4 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir 10:00 PRESENTATION - Healthy Credit Seminar  12:30 African Drums 12:30 Smart Technology 1:00 Book Club 1:00 Metro Area Chess 1:30 Phase 10/Pokeno 1:30 Chair Yoga</p>	<p>5 8:30 Enhance Fitness 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:00 SIDEWALK SALE 9:30 Fitness w/Kojak 10:00 Crochet 10:45 Boxing 12:30 Keilia's Karats-Nutritionist (NEW) 1:15 Tai Chi 3-D 1:30 </p> 
<p>8 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatment 9:30 Senior Tabata Boot Camp 9:30 Plus-Size Yoga 10:00 Enhance Wholeness Lifestyle 10:00 TRIP-FY20 Budget Town Hall 10:30 Pilates 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Tai Chi 3D</p>	<p>9 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:00 Active Living-ALED (NEW) 9:30 Chair Fitness 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutritionist (NEW) 10:30 Sunshine Club 11:00 Blood Pressure 1:15 R.I.P.P.E.D. 1:30 Sewing 1:30 Club Memory 2:00 Yoga</p> 	<p>10 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:00 TRIP-MLK Memorial & Cherry Blossoms 10:30 Pilates 10:30 Behavioral Health Education 1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p> 	<p>11 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir  12:30 African Drums 12:30 Smart Technology 1:00 Metro Area Chess  1:30 Phase 10/Pokeno 1:30 Chair Yoga</p>	<p>12 8:30 Enhance Fitness 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 TRIP-Publick Play-house-"Barry" 10:00 Crochet 10:00 Sr. Medicare Patrol 10:45 Boxing 12:30 Keilia's Karats-Nutritionist (NEW) 1:15 Tai Chi 3-D 1:30 BINGO</p>
<p>15 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:30 Senior Tabata 9:30 Plus-Size Yoga 10:00 Enhance Wholeness Lifestyle 10:30 Pilates 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Tai Chi</p>    	<p>16 CENTER CLOSED </p>	<p>17 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Community Outreach Group (COG) 10:00 TRIP-African American Museum 10:00 Advisory Board 10:30 Pilates 1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p>  	<p>18 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir 11:00 PRESENTATION-Dept. of Energy & Environment 12:30 Smart Technology 12:30 African Drums 1:00 Metro Area Chess 1:30 Phase 10/Pokeno 1:30 Chair Yoga</p> 	<p>19 8:30 Enhance Fitness 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet 10:45 Boxing 12:30 Keilia's Karats-Nutritionist (NEW) 1:00 PRESENTATION-KanKouran West African Dance Company 1:15 Tai Chi 3-D</p>  

<p>22 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:30 Plus-Size Yoga 9:30 Senior Tabata  10:00 Enhance Wholeness Lifestyle 10:30 Pilates 1:00 Enhance Fitness  1:15 Phase 10/Pokeno 2:00 Tai Chi 3D </p>	<p>23 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:00 Active Living-ALED (NEW) 9:30 Chair Fitness 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutritionist (NEW) 11:00 Blood Pressure 1:15 R.I.P.P.E.D. 1:30 Sewing 1:30 Club Memory 2:00 Yoga  3:00 Hand Dancing</p>	<p>24 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Community Outreach Group (COG) 10:00 TRIP-Mosaic Theatre "Native Son" 10:30 Pilates 10:30 Behavioral Health Education  1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 2:30 Enhance Fitness</p>	<p>25 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir  10:30 SPECIAL EVENT-ANC Forum 12:30 Smart Technology 12:30 African Drums 1:00 Metro Area Chess 1:30 Phase 10/Pokeno  1:30 Chair Yoga</p>	<p>26 8:30 Enhance Fitness 8:45 90-Day Challenge (Walk) 9:00 Meditation/Inspiration 9:30 Fitness with Kojak 10:00 TRIP-Publick Playhouse "Dallas Black Dance Theatre" 10:00 Crochet  10:45 Boxing 12:30 Keilia's Karats (NEW) 1:15 Tai Chi 3D 1:30 Bingo & Birthday</p>
--	---	--	---	--

29
8:45 90-Day Challenge (Walk Around)
9:00 Meditation/Inspiration
9:30 Plus-Size Yoga
9:30 Senior Tabata 
10:00 Enhance Wholeness Lifestyle
10:30 Pilates 
1:00 Enhance Fitness
1:15 Phase 10/Pokeno
2:00 Tai Chi 3D 

30
8:45 90-Day Challenge (Walk)
9:00 Meditation/Inspiration
9:00 Active Living-ALED (NEW)
9:30 Chair Fitness
10:30 Keilia's Karats-Nutritionist (NEW) 
11:00 Blood Pressure
1:15 R.I.P.P.E.D.
1:30 Sewing
2:00 Yoga
2:00 Keilia's Karats-Cooking Demo (NEW)
3:00 Hand Dancing


STRESS AWARENESS MONTH



CHANGES

PLUS-SIZE YOGA—Monday 9:30 am

BINGO - 1:30 pm



- TRIPS**
- S.A.C. Advocacy Day-John Wilson Bldg. (1st)
 - FY20 DACLBudget Town Hall (8th)
 - Martin Luther King, Jr. Memorial & Cherry Blossoms (10th)
 - Publick Playhouse-Movie "Barry" (12th) Free
 - African American Museum (17th)
 - Mosaic Theatre "Native Son" (24th)
 - Publick Playhouse"Dallas Black Dance Theatre" (26th)

- PRESENTATIONS**
- CreativTEA, @ the ARC (2nd)
 - Healthy Credit Seminar (4th)
 - Dept. of Energy & Environment (18th)
 - KanKouran West African Dance Company (19th)
 - Ward 8 ANC Forum (25th)

- NEW CLASSES**
- Active Living Every Day-Title IID (ALED)
April - June
Tuesday 9:00 am
- ←————→
- Keilia's Karats (Nutritionist)
Tuesday 10:30 am
4th Tuesday Cooking Demo 2:00 pm
Friday, 12:30 pm