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MARCH 2024

Palm Hill Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>APRIL</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>						
<p>9am-9:45am: Sunday Morning Stretch yoga</p> <p>4pm-5pm: Sunday Worship (N)</p> <p>6pm: Hoss collar shuffle</p> <p>3</p>	<p>8am: Beginner Yoga (S)</p> <p>8am-9:30am: Coffee & Donuts (N)</p> <p>8am-9:30am: Tennis</p> <p>9:15am: Chair Yoga (S)</p> <p>9:30am-11am: Pickleball</p> <p>10:30am-11:30am: Chair adapted Tai Chi (S)</p> <p>10:30am-12pm: Men's Golf Association (N)</p> <p>11am: Social Shuffle (S Court)</p> <p>11:30am: Line dancing (S)</p> <p>1pm: Bowling</p> <p>3pm-4pm: Tennis</p> <p>6:30pm: Euchre (N)</p> <p>6:30pm-8pm: Pickleball</p> <p>4</p>	<p>8am-9:30am: Pickleball</p> <p>9:30am-11am: Tennis</p> <p>10am-11am: Water Aerobics with Joan (N Pool)</p> <p>10:15am-11:15am: Flow Yoga (S)</p> <p>11am: 90 + Club Celebration (N)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (N)</p> <p>5</p>	<p>8am-9:30am: Coffee & Donuts (S)</p> <p>8am: Intermediate Yoga (N)</p> <p>8am-9:30am: Tennis</p> <p>9:15am-10:15am: Intro to Tai Chi (N)</p> <p>9:30am-11am: Pickleball</p> <p>10:30am-11:30am: Cardio Mix (N)</p> <p>1pm: Mahjong Group. (N Library)</p> <p>3pm-4pm: Tennis</p> <p>3pm-4:30pm: Ukulele Group (S)</p> <p>6:30pm-8:30pm: Men's Billiards (N)</p> <p>6:30pm-8pm: Pickleball</p> <p>6</p>	<p>8am-9:30am: Pickleball</p> <p>9am: Palm Hill Players (N)</p> <p>9:30am-11am: Tennis</p> <p>10am-12pm: Arts & Crafts (S)</p> <p>1pm-3pm: Book Club (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>3:45pm: North Food Distribution (N)</p> <p>7pm-10pm: Bingo (S)</p> <p>7</p>	<p>8am-9:30am: Tennis</p> <p>9am-10am: Exercise Class (N)</p> <p>9:30am: Ladies Golf Association League Play (N)</p> <p>9:30am-11am: Pickleball</p> <p>10am-11am: Water Aerobics with Joan (N Pool)</p> <p>1pm: Hand and Foot Cards (N Library)</p> <p>3pm-4pm: Tennis</p> <p>5:30pm: Potluck Dinner / Game Night (S)</p> <p>6:30pm-8pm: Pickleball</p> <p>8</p>	<p>TBD: South Recreation Club Annual Bazaar</p> <p>8am-7pm: Lil Abner Golf</p> <p>8:30am-10am: Pickleball</p> <p>9</p>
<p>9am-9:45am: Sunday Morning Stretch yoga</p> <p>6pm: Hoss collar shuffle</p> <p>10</p> <p>Daylight Savings Begins @ 2am</p>	<p>8am: Beginner Yoga (S)</p> <p>8am-9:30am: Coffee & Donuts (N)</p> <p>8am-9:30am: Tennis</p> <p>9:15am: Chair Yoga (S)</p> <p>9:30am-11am: Pickleball</p> <p>10:30am-11:30am: Chair adapted Tai Chi (S)</p> <p>11am: Social Shuffle (S Court)</p> <p>11:30am: Line dancing (S)</p> <p>1pm: Bowling</p> <p>3pm-4pm: Tennis</p> <p>6:30pm: Euchre (N)</p> <p>6:30pm-8pm: Pickleball</p> <p>11</p>	<p>8am-9:30am: Pickleball</p> <p>9am-10am: Exercise Class (N)</p> <p>9:30am-11am: Tennis</p> <p>10am-11am: Water Aerobics with Joan (N Pool)</p> <p>10:15am: Flow Yoga (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (N)</p> <p>12</p>	<p>8am-9:30am: Coffee & Donuts (S)</p> <p>8am: Intermediate Yoga (N)</p> <p>8am-9:30am: Tennis</p> <p>9:15am-10:15am: Intro to Tai Chi (N)</p> <p>9:30am-11am: Pickleball</p> <p>10:30am-11:30am: Cardio Mix (N)</p> <p>1pm: Mahjong Group. (N Library)</p> <p>3pm-4pm: Tennis</p> <p>3pm-4:30pm: Ukulele Club (S)</p> <p>6:30pm-8:30pm: Men's Billiards (N)</p> <p>6:30pm-8pm: Pickleball</p> <p>13</p>	<p>TBD: Book club activity (S)</p> <p>8am-9:30am: Pickleball</p> <p>9:30am-11am: Tennis</p> <p>10am-12pm: Arts & Crafts (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (S)</p> <p>14</p>	<p>8am-9:30am: Tennis</p> <p>9am-10am: Exercise Class (N)</p> <p>9:30am: Ladies Golf Association League Play (N)</p> <p>9:30am-11am: Pickleball</p> <p>10am-11am: Water Aerobics with Joan (N Pool)</p> <p>1pm: Hand and Foot Cards (N Library)</p> <p>1pm-3pm: Ladies Golf Association Meeting (N)</p> <p>3pm-4pm: Tennis</p> <p>6:30pm-8pm: Pickleball</p> <p>15</p>	<p>8am-1pm: Spring Craft Show (N)</p> <p>8:30am-10am: Pickleball</p> <p>7pm: St. Patrick's Day Dance (S)</p> <p>16</p>
<p>9am-9:45am: Sunday Morning Stretch yoga</p> <p>6pm: Hoss collar shuffle</p> <p>17</p> <p>St. Patrick's Day</p>	<p>8am: Beginner Yoga (S)</p> <p>8am-9:30am: Coffee & Donuts (N)</p> <p>8am-9:30am: Tennis</p> <p>9:15am: Chair Yoga (S)</p> <p>9:30am-11am: Pickleball</p> <p>10:30am-11:30am: Chair adapted Tai Chi (S)</p> <p>11am: Social Shuffle (S Court)</p> <p>11:30am: Line dancing (S)</p> <p>1pm: Bowling</p> <p>3pm-4pm: Tennis</p> <p>6:30pm: Euchre (N)</p> <p>6:30pm-8pm: Pickleball</p> <p>18</p>	<p>8am-9:30am: Pickleball</p> <p>9am-10am: Exercise Class (N)</p> <p>9:30am-11am: Tennis</p> <p>10am-11am: Water Aerobics with Joan (N Pool)</p> <p>10:15am: Flow Yoga (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (N)</p> <p>19</p> <p>First Day of Spring</p>	<p>8am-9:30am: Coffee & Donuts (S)</p> <p>8am: Intermediate Yoga (N)</p> <p>8am-9:30am: Tennis</p> <p>9:15am-10:15am: Intro to Tai Chi (N)</p> <p>9:30am-11am: Pickleball</p> <p>10:30am-11:30am: Cardio Mix (N)</p> <p>1pm: Mahjong Group. (N Library)</p> <p>3pm-4pm: Tennis</p> <p>3pm-4:30pm: Ukulele Club (S)</p> <p>6:30pm-8:30pm: Men's Billiards (N)</p> <p>6:30pm-8pm: Pickleball</p> <p>20</p>	<p>8am-9:30am: Pickleball</p> <p>9:30am-11am: Tennis</p> <p>10am-12pm: Arts & Crafts (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (S)</p> <p>21</p>	<p>TBD: Palm Hill Players Program</p> <p>8am-9:30am: Tennis</p> <p>9am-10am: Exercise Class (N)</p> <p>9:30am-11am: Pickleball</p> <p>10am-11am: Water Aerobics with Joan (N Pool)</p> <p>1pm: Hand and Foot Cards (N Library)</p> <p>3pm-4pm: Tennis</p> <p>6:30pm-8pm: Pickleball</p> <p>22</p>	<p>8:30am-10am: Pickleball</p> <p>5pm-9pm: Ladies & Men Assoc Golf Banquet (S)</p> <p>23</p>
<p>9am-9:45am: Sunday Morning Stretch yoga</p> <p>6pm: Hoss collar shuffle</p> <p>24</p> <p>Palm Sunday</p>	<p>Easter Egg Hunt</p> <p>8am: Beginner Yoga (S)</p> <p>8am-9:30am: Coffee & Donuts (N)</p> <p>8am-9:30am: Tennis</p> <p>9:15am: Chair Yoga (S)</p> <p>9:30am-11am: Pickleball</p> <p>10:30am-11:30am: Chair adapted Tai Chi (S)</p> <p>11am: Social Shuffle (S Court)</p> <p>11:30am: Line dancing (S)</p> <p>1pm: Bowling</p> <p>3pm-4pm: Tennis</p> <p>6:30pm: Bunco (S)</p> <p>6:30pm: Euchre (N)</p> <p>6:30pm-8pm: Pickleball</p> <p>25</p>	<p>8am-9:30am: Pickleball</p> <p>9am-10am: Exercise Class (N)</p> <p>9:30am-11am: Tennis</p> <p>10am-11am: Water Aerobics with Joan (N Pool)</p> <p>10:15am: Flow Yoga (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (N)</p> <p>26</p>	<p>8am-9:30am: Coffee & Donuts (S)</p> <p>8am: Intermediate Yoga (N)</p> <p>8am-9:30am: Tennis</p> <p>9:15am-10:15am: Intro to Tai Chi (N)</p> <p>9:30am-11am: Pickleball</p> <p>10:30am-11:30am: Cardio Mix (N)</p> <p>1pm: Mahjong Group. (N Library)</p> <p>3pm-4pm: Tennis</p> <p>6:30pm-8:30pm: Men's Billiards (N)</p> <p>6:30pm-8pm: Pickleball</p> <p>27</p>	<p>8am-9:30am: Pickleball</p> <p>9:30am-11am: Tennis</p> <p>10am-12pm: Arts & Crafts (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (S)</p> <p>28</p>	<p>8am-9:30am: Tennis</p> <p>9am-10am: Exercise Class (N)</p> <p>9:30am: Ladies Golf Association League Play (N)</p> <p>9:30am-11am: Pickleball</p> <p>10am-11am: Water Aerobics with Joan (N Pool)</p> <p>1pm: Hand and Foot Cards (N Library)</p> <p>3pm-4pm: Tennis</p> <p>6:30pm-8pm: Pickleball</p> <p>29</p> <p>Good Friday</p>	<p>8:30am-10am: Pickleball</p> <p>30</p>
<p>9am-9:45am: Sunday Morning Stretch yoga</p> <p>6pm: Hoss collar shuffle</p> <p>31</p> <p>Easter</p>						