








# March 2025 MaineStreater's Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat				
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2	10:30-11:30 Senior Aerobics  6:00-7:30 Yoga	3	4	5	10:15-11:15 Zumba Gold  12:30-2:30 Bingo 	6	10:00-11:00 Informative "Hidden Messages in Negro Spirituals of the Underground Railroad" Presenter: Connie Marton	7	Day Trip: Rhythm of the Dance 3:45-10:30 	8
9	10:30-11:30 Senior Aerobics  5:30-7:30 Twilight Dining (Sunrise Grill) 	10	11	12	10:15-11:15 Zumba Gold  Day Trip: Chicago Wolves vs. Manitoba Moose 5:30-11:00 	13	14	15		
16	10:30-11:30 Senior Aerobics  6:00-7:30 Yoga	17	18	19	11:15-12:15 Senior Aerobics  Day Trip Waitress 10:15 -5:45 	20	21	22	10:30-12:00 Informative Strictly Self Defense 	
23	6:00-7:30 Yoga	24	25	26	27	28	29	12:00-1:00 Chair Yoga  1:30-3:30 Monthly Movie "Nyad" 		
30	10:30-11:30 Senior Aerobics  2:00-3:30 Computer Workshop   6:00-7:30 Yoga	31								