

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

\*\$3/class members;  
\$5/class community

3

10

17

24

31

4

11

18

25

5

12

19

26

6

13

20

27

7

14

21

28

1

8

15

22

29

2

9

16

23

30

8 am • Circuit • Kathy  
9 am • Classic • Kathy  
10 am • Balance • Elaine  
11:15 am • Yoga • Soad  
1:30 pm • Line Dancing  
Nancy  
5 pm • Zumba Gold  
Bonnie

8 am • Circuit • Kathy  
9 am • Classic • Kathy  
10 am • Balance • Elaine  
11:15 am • Yoga • Soad  
1:30 pm • Line Dancing  
Nancy  
5 pm • Zumba Gold •  
Bonnie

8 am • Circuit • Kathy  
9 am • Classic • Kathy  
10 am • Balance • Elaine  
11:15 am • Yoga • Soad  
1:30 pm • Line Dancing  
Nancy  
5 pm • Zumba Gold •  
Bonnie

8 am • Circuit • Kathy  
9 am • Classic • Kathy  
10 am • Balance • Elaine  
11:15 am • Yoga • Soad  
1:30 pm • Line Dancing  
Nancy  
5 pm • Zumba Gold •  
Bonnie

10 am • Circuit • Elaine  
10 am • Beginner Tai Chi  
• Sandy\*  
11 am • Advanced Tai Chi  
• Sandy\*

10 am • Circuit • Elaine  
10 am • Beginner Tai Chi  
• Sandy\*  
11 am • Advanced Tai Chi  
• Sandy\*

10 am • Circuit • Elaine  
10 am • Beginner Tai Chi  
• Sandy\*  
11 am • Advanced Tai Chi  
• Sandy\*

10 am • Circuit • Elaine  
10 am • Beginner Tai Chi  
• Sandy\*  
11 am • Advanced Tai Chi  
• Sandy\*

8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • Classic • Elaine  
1:30-2:30 • Beginner  
Tap • Kathy

8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • SS Classic  
Anniversary 2004  
Throwback class  
1:30-2:30 • Beginner  
Tap • Kathy

8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • Classic • Elaine  
1:30-2:30 • Beginner  
Tap • Kathy

8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • Classic • Elaine  
1:30-2:30 • Beginner  
Tap • Kathy

10 am • Classic • Kathy  
11 am • Circuit • Kathy  
1:30 • Intermediate Tap  
Kathy

10 am • Classic • Kathy  
11 am • Circuit • Kathy  
5 pm • Zumba Gold •  
Bonnie  
1:30 • Intermediate Tap  
Kathy

10 am • Classic • Kathy  
11 am • Circuit • Kathy  
5 pm • Zumba Gold •  
Bonnie  
1:30 • Intermediate Tap  
Kathy

10 am • Classic • Kathy  
11 am • Circuit • Kathy  
5 pm • Zumba Gold •  
Bonnie  
1:30 • Intermediate Tap  
Kathy

10 am • Circuit • Kathy  
11 am • Yoga • Josie  
1 pm • Show Tunes •  
Kathy

10 am • Circuit • Kathy  
11 am • Yoga • Josie  
1 pm • Show Tunes •  
Kathy

10 am • Circuit • Kathy  
11 am • Yoga • Josie  
1 pm • Show Tunes •  
Kathy

10 am • Circuit • Kathy  
11 am • Yoga • Josie

10 am • Circuit • Kathy  
11 am • Yoga • Josie

9 am • Circuit • Joanne  
10 am • Yoga • Joanne

9 am • Circuit • Joanne  
10 am • Yoga • Joanne

9 am • Circuit • Joanne  
10 am • Yoga • Joanne

9 am • Circuit • Joanne  
10 am • Yoga • Joanne

9 am • Circuit • Joanne  
10 am • Yoga • Joanne

## March AgeWell Programs (contact Hayley Maher for information or to register)

### HomeMeds Medication Screenings

#### By appointment only

Medication errors can be serious, costly, common, and preventable. HomeMeds is a consultation that addresses medication safety by identifying potential adverse medication effects due to duplication of medications. Make an appointment by calling the AgeWell office at 412-278-1795.

### Art Class: Pop Up Cards

March 6 • 2-4 pm, Social Hall.

Create a beautiful multi-medium pop up card. All materials will be provided, and the registration cost is \$15 for registered AgeWell members. Register by calling the AgeWell office at 412-278-1795.

### Parkinson's Disease Presentation

March 7 • 11 am, Conference Room.

Casey Peluso, Vice President of Programs and Outreach at the Parkinson's Foundation of Western Pennsylvania will give an informational presentation about Parkinson's and ways to manage the disease. Casey will discuss treatments such as medications, exercises, and managing motor symptoms.

### Ombudsman Program Information Session

March 11 • 10 am, Conference Room.

Do you know what an ombudsman is? Come to this session to learn more about the volunteers who support residents of long-term care facilities in Allegheny County.

### RSV Vaccination Clinic

March 14 • 9 am-12 pm, Conference Room.

Pharmacists from Giant Eagle will be on site to give RSV vaccinations. Recipients must be age 60+ and have health insurance. Call the AgeWell office at 412-278-1795 to make an appointment.

### Dementia Friends Information Session

March 20 • 10 am, Conference Room.

Join a growing movement of people who are making a positive difference in the lives of people living with dementia! You do not need to have prior knowledge of dementia to become a dementia friend. This information session will cover five key messages about dementia and touch on what it is like to live with dementia.

### High Tea with the Garden Club

March 22 • 1 pm, Social Hall.

Join the Garden Club for high tea! RSVP and choose a dish to bring by March 15. Register by calling the AgeWell office at 412-278-1795.

### Conversations with Amy

March 27 • 1:30 PM.

Join AgeWell's Information and Referral Specialist, Amy Gold, for a conversation related to resources for older adults. Each month will feature a new topic for discussion.

### Hand Knitting Class

March 14 • 1:30 pm, Social Hall.

Back by popular demand, Beth will be hosting another hand knitting class! Stop by the AgeWell office to get information about what type of yarn you should purchase for this class. Register by March 21 by calling the AgeWell office at 412-278-1795.

### March Club Meetings

(contact Kathy Wayne for information or to join)

**Mah Jongg Club- Weekly meeting • Tuesdays • 1pm**

**Card Club- Thurs., March 7 and 21 • 1 pm**

**Remember When Club – Wed., March 13 • 1 pm**

**Theater Club – Thurs., March 14 • 12 pm**

*Please note the change in time.*

**Book Club – Tues., March 19 • 1:30 pm**

*Please note the change in time.*

**Garden Club - Friday, March 22 • 1 pm**

*Please note the change in time.*

### Ongoing Programs:

#### Blood pressure screenings with JAA

March 12 and 26 • 10-11 am

#### Walk In Counseling Hours

March 11 and 25 • 10 am- 1 pm

#### Reiki-Infused Sound Bathing with the 10.27 Healing Partnership

March 4 and 18 • 10-11 am.

Registration is available online; stop by the AgeWell office for more information.

#### Puzzle Swap available every day during AgeWell office hours.

#### HomeMeds Medication Screening, by appointment only.

## FITNESS CLASS DESCRIPTIONS

### SilverSneakers® Classic

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

### SilverSneakers® Circuit

A standing circuit workout, with upper body strength work with hand-held weights, elastic tubing with handles, a SilverSneakers® ball and low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

### SilverSneakers® Yoga

SilverSneakers® Yoga moves your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### Tai Chi

The Sun style of Tai Chi includes sequences and exercises to improve mobility, balance, breathing and relaxation.

\$3/class/member; \$5/class/community.

### Balance

A half-hour, low impact class designed to improve balance and increase core strength, both of which are crucial for fall prevention, improved posture and coordination in older adults.

### Zumba Gold®

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

### Boom Muscle

Muscle-conditioning blocks and cardio intervals alternate to provide improved cardiovascular health and overall fitness

### New Line Dance Session

March 4-April 22 on Mondays • 1:30-2:30 pm • \$40.00