

Monday

Tuesday

Wednesday

Thursday

Friday

MARCH 2024

				<p>9:30 - 11:30 am Bingo (\$5 Fee) - Library 1</p> <p>9:30 - 10:15 am Sing-a-long with Betty Comora</p> <p>10 - 11 am Tai Chi - Mirror Room</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10:30 - 11:15 am Balance Movement</p> <p>1 - 3 pm Live Music & Dancing with Buffalo Swing Band</p> <p>1 - 4 pm Euchre - Room B</p> <p>1 - 4 pm Sarasota Duplicate Bridge Group - Cafe</p> <p>2-4 pm What's Happening Now - Mirror Rm (2nd Floor)</p>
<p>9 am - 9:45 am Balance Movement 4</p> <p>10 - 11 am Fun Stories Group - Room B</p> <p>10 - 11:30 am German Grammar Conversation and Culture-Bend Rm</p> <p>10 am - 11:30 am Art Class with Retsy - Art Room</p> <p>11 am - 12 pm Intermediate Line Dance Class</p> <p>12- 3 pm Dup Bridge (SU Graeme 941-544-8446) - Rm B</p> <p>1 - 2:30 pm Advanced French Conv - Rm C</p> <p>1-3 pm Live Music & Dancing w/ The Bruno Connection</p> <p>2:30 - 3:30 pm Spanish Class - Benderson Room</p> <p>3:30 pm - 4:30 pm Intermediate Tap</p>	<p>9:30 am - 11:30 am Bingo (\$5 Fee) - Library 5</p> <p>10 am - 12 pm Technology Assistance with Debbie</p> <p>10 am - 11 am Chair Yoga - Great Room</p> <p>10 am - 3 pm Pinochle - Room B</p> <p>11 am - 12 pm Drums of Unity with Joe Licinski - Great Room</p> <p>11:30 am - 3 pm Latin Social Group - Benderson Rm</p> <p>11 am - 12 pm Mindfulness & Meditation - Room A</p> <p>1-3 pm Mexican Train Dominoes - Room A</p> <p>1 - 3 pm Live Music & Dancing with Skip's Dixie Mix</p> <p>1:30 - 2:30 pm Aging Rebels Discussion Group - Dwyer</p> <p>3:15 - 4:30 pm Indoor Pickleball Free Play</p>	<p>9 am - 9:45 am Balance Movement 6</p> <p>9:30 - 10 am Advanced Tai Chi with Marty - Mirror Room</p> <p>10 - 11 am Intermediate Tai Chi with Marty - Mirror Room</p> <p>10 - 11 am Acapella Singing with Mary & Linda</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10 am - 12 pm Mosaics Class - Art Studio</p> <p>10:30 - 11:30 am Short Story Book Club - Library</p> <p>11 am - 12 pm Beginner Tai Chi with Marty - Mirror Room</p> <p>11 am - 12 pm Ballroom Dance: Fox Trot</p> <p>11 am - 12:30 pm LGBTQ+ Grief & Loss Supp Grp - CRC Build</p> <p>1 - 3 pm Popcorn & Movie - Cafe</p> <p>1 - 3 pm Live Music & Dancing with Pure Gold</p> <p>1:30-3:30pm Canasta (If New, Call Patty 919-208-5514) - Rm B</p> <p>3:30 - 4:30 pm International Folk Dancing</p>	<p>9 am - 9:45 am Balance Movement 7</p> <p>9:45 - 10:45 am Hearing Clinic provided by Hear Again America</p> <p>10 am - 11 am Chair Yoga - Mirror Room</p> <p>10 am - 12 pm Craft Club - Art Studio</p> <p>10 am - 3 pm Pinochle - Room B</p> <p>10 - 10:30 am Instruction Led Pickleball</p> <p>10:30 am - 12:30 pm Indoor Pickleball Free Play</p> <p>11:30 am - 3 pm Latin Social Group - Benderson Rm</p> <p>1 - 2:30 pm Beginner Basic French Conv - Rm C</p> <p>1 - 3 pm Live Music & Dancing with Keith Carman Band</p> <p>1 - 3 pm Mah Jongg - Mirror Room</p> <p>3:30 - 4:30 pm Intermediate Tap Dance</p>	<p>9:30 - 11:30 am Bingo (\$5 Fee) - Library 8</p> <p>9:30 - 10:15 am Sing-a-long with Betty Comora</p> <p>10 - 11 am Tai Chi - Mirror Room</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10:30 - 11:15 am Balance Movement</p> <p>12:15 - 1 pm SPARCC Elder Abuse Presentation - Cafe</p> <p>1 - 3 pm Live Music & Dancing with Buffalo Swing Band</p> <p>1 - 4 pm Euchre - Room B</p> <p>1 - 4 pm Sarasota Duplicate Bridge Group - Cafe</p> <p>2 - 4 pm What's Happening Now Group - Mirror Room (2nd Floor)</p>
<p>9 am - 9:45 am Balance Movement 11</p> <p>10 - 11 am Fun Stories Group - Room B</p> <p>10 - 11:30 am German Grammar Conversation and Culture-Bend Rm</p> <p>10 am - 11:30 am Art Class with Retsy - Art Room</p> <p>11 am - 12 pm Intermediate Line Dance Class</p> <p>12- 3 pm Dup Bridge (SU Graeme 941-544-8446) - Rm B</p> <p>1 - 2:30 pm Advanced French Conv - Rm C</p> <p>1 - 3 pm Live Music & Dancing with Bruno Connection</p> <p>2:30 - 3:30 pm Spanish Class - Benderson Room</p> <p>3:30 pm - 4:30 pm Intermediate Tap</p>	<p>9:30 am - 11:30 am Bingo (\$5 Fee) - Library 12</p> <p>10 am - 11 am Chair Yoga - Great Room</p> <p>10 am - 3 pm Pinochle - Room B</p> <p>11 am - 12 pm Mindfulness & Meditation - Room A</p> <p>11:30 am - 3 pm Latin Social Group - Benderson Rm</p> <p>1-3 pm Mexican Train Dominoes - Room A</p> <p>1 - 3 pm Live Music & Dancing with Skip's Dixie Mix</p> <p>1:30 - 2:30 pm Aging Rebels Discussion Group - Dwyer</p> <p>3:15 - 4:30 pm Indoor Pickleball Free Play</p>	<p>9 am - 9:45 am Balance Movement 13</p> <p>9:30 - 11 am Advanced/Intermediate Tai Chi - Mirror Room</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10 - 11 am Acapella Singing with Mary & Linda</p> <p>10 - 11 am Kitten Therapy with Cat Depot - Room B</p> <p>10 am - 12 pm Mosaics Class - Art Studio</p> <p>10:30 - 11:30 am Short Story Book Club - Library</p> <p>11 am - 12 pm Beginner Tai Chi with Marty - Mirror Room</p> <p>11 am - 12 pm Ballroom Dance: Fox Trot</p> <p>11:45 am - 12:15 pm Lunch & Birthday Celebration - SU Req.</p> <p>1 - 3 pm Popcorn & Movie - Cafe</p> <p>1 - 3 pm Live Music & Dancing with Pure Gold</p> <p>1:30-3:30pm Canasta (If New, Call Patty 919-208-5514) - Rm B</p> <p>3:30 - 4:30 pm International Folk Dancing</p>	<p>9 am - 9:45 am Balance Movement 14</p> <p>9:30 - 11 am Advanced/Intermediate Tai Chi - Mirror Room</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10 am - 3 pm Pinochle - Room B</p> <p>10 - 11 am Chair Yoga - Mirror Room</p> <p>10 - 10:30 am Instruction Led Pickleball</p> <p>10:30 am - 12:30 pm Indoor Pickleball Free Play</p> <p>10:30 - 11:30 am Environmental Program: Water Issues - Rm C</p> <p>11:30 am - 3 pm Latin Social Group - Benderson Rm</p> <p>12:30 - 1:30 pm Off Key Chorale Choir Practice - Cafe</p> <p>1 - 2:30 pm Beginner Basic French Conv - Rm C</p> <p>1 - 3 pm Mah Jongg - Mirror Room</p> <p>1 - 3 pm Live Music & Dancing with Keith Carman Band</p> <p>3:30 - 4:30 pm Intermediate Tap Dance</p>	<p>9:30 - 11:30 am Bingo (\$5 Fee) - Library 15</p> <p>9:30 - 10:15 am Sing-a-long with Betty Comora</p> <p>10 - 11 am Tai Chi - Mirror Room</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10:30 - 11:15 am Balance Movement</p> <p>1 - 3 pm St. Patrick's Day Party with Krazy Karaoke Live - Sponsored by: Estate Registry</p> <p>1 - 4 pm Euchre - Room B</p> <p>2 - 4 pm What's Happening Now Group - Mirror Room (2nd Floor)</p>
<p>9 am - 9:45 am Balance Movement 18</p> <p>10 - 11 am Fun Stories Group - Room B</p> <p>10 - 11:30 am German Grammar Conversation and Culture-Bend Rm</p> <p>10 am - 11:30 am Art Class with Retsy - Art Room</p> <p>11 am - 12 pm Intermediate Line Dance Class</p> <p>12-3 pm Dup Bridge (SU Graeme 941-544-8446) - Rm B</p> <p>1 - 2:30 pm Advanced French Conv - Rm C</p> <p>1 - 3 pm Live Music & Dancing with Bruno Connection</p> <p>2:30 - 3:30 pm Spanish Class - Benderson Room</p> <p>3:30 pm - 4:30 pm Intermediate Taps</p>	<p>9:30 am - 11:30 am Bingo (\$5 Fee) - Library 19</p> <p>10-11 am FL Studio Theater Improv Class - Room C</p> <p>10 am - 12 pm Technology Assistance with Debbie</p> <p>10 am - 11 am Chair Yoga - Great Room</p> <p>10 am - 3 pm Pinochle - Room B</p> <p>11 am - 12 pm Mindfulness & Meditation - Room A</p> <p>11:30 am - 3 pm Latin Social Group - Benderson Rm</p> <p>1-3 pm Mexican Train Dominoes - Room A</p> <p>1 - 3 pm Live Music & Dancing with Skip's Dixie Mix</p> <p>1:30 - 2:30 pm Aging Rebels Discussion Group - Dwyer</p> <p>3:15 - 4:30 pm Indoor Pickleball Free Play</p>	<p>9 am - 9:45 am Balance Movement 20</p> <p>9:30 - 10 am Advanced Tai Chi with Marty - Mirror Room</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10 - 11 am Intermediate Tai Chi with Marty - Mirror Room</p> <p>10 - 11 am Acapella Singing with Mary & Linda</p> <p>10 am - 12 pm Mosaics Class - Art Studio</p> <p>10:30 - 11:30 Short Story Book Club - Library</p> <p>11 am - 12 pm Ballroom Dance: Fox Trot</p> <p>11 am - 12 pm Beginner Tai Chi with Marty - Mirror Room</p> <p>11 am - 12:30 pm LGBTQ+ Grief & Loss Supp Grp - CRC Build</p> <p>1 - 3 pm The Venice Theatre Performance: The Silver Foxes</p> <p>1:30-3:30pm Canasta (If New, Call Patty 919-208-5514) - Rm B</p> <p>3:30 - 4:30 pm International Folk Dancing</p> <p>5:30 - 7 pm Living in Community: Golden Girls Lifestyle - Cafe</p>	<p>9 am - 9:45 am Balance Movement 21</p> <p>10 am - 11 am Chair Yoga - Mirror Room</p> <p>10 am - 12 pm Craft Club - Art Studio</p> <p>10 am - 3 pm Pinochle - Room B</p> <p>10 - 10:30 am Instruction Led Pickleball</p> <p>10:30 am - 12:30 pm Indoor Pickleball Free Play</p> <p>11:30 am - 3 pm Latin Social Group - Benderson Rm</p> <p>12:30 - 1:30 pm Off Key Chorale Choir Practice - Cafe</p> <p>1 - 2:30 pm Beginner Basic French Conv - Rm C</p> <p>1 - 3 pm Live Music & Dancing with Keith Carman Band</p> <p>1 - 3 pm Mah Jongg - Mirror Room</p> <p>3:30 - 4:30 pm Intermediate Tap Dance</p>	<p>9:30 - 11:30 am Bingo (\$5 Fee) - Library 22</p> <p>9:30 - 10:15 am Sing-a-long with Betty Comora</p> <p>10 - 11 am Tai Chi - Mirror Room</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10:30 - 11:15 am Balance Movement</p> <p>1 - 3 pm Live Music & Dancing with Buffalo Swing Band</p> <p>1 - 4 pm Euchre - Room B</p> <p>1 - 4 pm Sarasota Duplicate Bridge Group - Cafe</p> <p>2 - 4 pm What's Happening Now Group - Mirror Room (2nd Floor)</p>
<p>9 am - 9:45 am Balance Movement 25</p> <p>10 - 11 am Fun Stories Group - Room B</p> <p>10 - 11:30 am German Grammar Conversation and Culture-Bend Rm</p> <p>10 am - 11:30 am Art Class with Retsy - Art Room</p> <p>10:30-11:30 am Environmental Prog: Climate Change - Rm C</p> <p>11 am - 12 pm Intermediate Line Dance Class</p> <p>12- 3 pm Dup Bridge (SGraeme 941-544-8446) - Rm B</p> <p>1 - 2:30 pm Advanced French Conv - Rm C</p> <p>1-3 pm Live Music & Dancing w/ The Bruno Connection</p> <p>2:30 - 3:30 pm Spanish Class - Benderson Room</p> <p>3:30 pm - 4:30 pm Intermediate Tap</p>	<p>9:30 am - 11:30 am Bingo (\$5 Fee) - Library 26</p> <p>10 am - 12 pm Technology Assistance with Debbie</p> <p>10 am - 11 am Chair Yoga - Great Room</p> <p>10 am - 3 pm Pinochle - Room B</p> <p>11 am - 12 pm Mindfulness & Meditation - Room A</p> <p>11:30 am - 3 pm Latin Social Group - Benderson Rm</p> <p>1-3 pm Mexican Train Dominoes - Room A</p> <p>1 - 3 pm Live Music & Dancing with Skip's Dixie Mix</p> <p>1:30 - 2:30 pm Aging Rebels Discussion Group - Dwyer</p> <p>3:15 - 4:30 pm Indoor Pickleball Free Play</p>	<p>9 am - 9:45 am Balance Movement 27</p> <p>9:30 - 10 am Advanced Tai Chi with Marty - Mirror Room</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10 - 11 am Intermediate Tai Chi with Marty - Mirror Room</p> <p>10 - 11 am Acapella Singing with Mary & Linda</p> <p>10 am - 12 pm Mosaics Class - Art Studio</p> <p>10:30 - 11:30 am Short Story Book Club - Library</p> <p>11 am - 12 pm Ballroom Dance: Fox Trot</p> <p>11 am - 12 pm Beginner Tai Chi with Marty - Mirror Room</p> <p>11 am - 12:30 pm LGBTQ+ Grief & Loss Supp Grp - CRC Build</p> <p>1 - 3 pm Popcorn & Movie - Cafe</p> <p>1 - 3 pm Live Music & Dancing with Pure Gold & Dog Therapy</p> <p>1:30-3:30pm Canasta (If New, Call Patty 919-208-5514) - Rm B</p> <p>3:30 - 4:30 pm International Folk Dancing</p>	<p>9 am - 9:45 am Balance Movement 28</p> <p>10 am - 11 am Chair Yoga - Mirror Room</p> <p>10 am - 12 pm Craft Club - Art Studio</p> <p>10 am - 3 pm Pinochle - Room B</p> <p>10 - 10:30 am Instruction Led Pickleball</p> <p>10 - 11:30 am Book Club: Fates & Furies - Library</p> <p>10:30 am - 12:30 pm Indoor Pickleball Free Play</p> <p>11:30 am - 3 pm Latin Social Group - Benderson Rm</p> <p>1 - 2:30 pm Beginner Basic French Conv - Rm C</p> <p>1 - 3 pm Live Music & Dancing with Keith Carman Band</p> <p>1 - 3 pm Mah Jongg - Mirror Room</p> <p>3:30 - 4:30 pm Intermediate Tap Dance</p>	<p>9:30 - 11:30 am Bingo (\$5 Fee) - Library 29</p> <p>9:30 - 10:15 am Sing-a-long with Betty Comora</p> <p>10 - 11 am Tai Chi - Mirror Room</p> <p>10 am - 12 pm Technology Assistance with Andy & Mike</p> <p>10:30 - 11:15 am Balance Movement</p> <p>1 - 3 pm Live Music & Dancing with Buffalo Swing Band</p> <p>1 - 4 pm Euchre - Room B</p> <p>1 - 4 pm Sarasota Duplicate Bridge Group - Cafe</p> <p>2 - 4 pm What's Happening Now Group - Mirror Room (2nd Floor)</p>

Senior Friendship Centers - 1888 Brother Geenen Way, Sarasota, FL 34236 - 941.955.2122 - Senior Programs Manager: Jenny Macias - Updated 3/7/2024 - CALENDARS ARE SUBJECT TO CHANGE

* Lunch is served Monday-Friday, 11:45a-12:15p, Sign-up is required, Call to Sign-up - UPCOMING: 5/3 Cinco de Mayo Fiesta, 1-3p; 5/20 Senior Prom, 1-3p; 6/17 Sock Hop Summer Bash, 1-3p