



# March 2020 Active Adult Calendar

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>2:00-4:00 PICKLEBALL</b> 2:30-3:30 Body Flow/Power Yoga	<b>2</b> 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance 1:00-2:00 Adult Dance 6:30-7:45 Yoga 7:00-8:00 Zumba	<b>3</b> 5:15-6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 SS Classic 12:30-1:30 Belly Dancing 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00-4:50 Tai Chi	<b>4</b> 9:00-10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00-3:00 Ballroom Dance 7:00-8:00 Zumba	<b>5</b> 5:15-6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi <b>7:30-9:30 PICKLEBALL</b>	<b>6</b> 8:30-9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit <b>11:00 VETERAN'S LUNCH</b> 12:00-1:00 Classic 12:00-12:45 Cardio Dance	<b>7</b> 7:45-8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba
<b>8</b> <b>2:00-4:00 PICKLEBALL</b> 2:30-3:30 Body Flow/Power Yoga	<b>9</b> 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance 1:00-2:00 Adult Dance 6:30-7:45 Yoga 7:00-8:00 Zumba	<b>10</b> 5:15-6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 SS Classic <b>12:00 LUNCH AND LEARN</b> 12:30-1:30 Belly Dancing 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00-4:50 Tai Chi	<b>11</b> 9:00-10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00-3:00 Ballroom Dance 7:00-8:00 Zumba	<b>12</b> 5:15-6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic <b>12:00 LUNCH AND LEARN</b> 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi <b>7:30-9:30 PICKLEBALL</b>	<b>13</b> 8:30-9:30 Zumba Gold <b>9:30-4:30 BOK TOWER GARDENS TRIP</b> 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance	<b>14</b> 7:45-8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba
<b>15</b> <b>2:00-4:00 PICKLEBALL</b> 2:30-3:30 Body Flow/Power Yoga	<b>16</b> 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance 1:00-2:00 Adult Dance 6:30-7:45 Yoga 7:00-8:00 Zumba	<b>17</b> 5:15-6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 SS Classic <b>2:30-3:30 ST PATTY'S DAY FUN</b> 12:30-1:30 Belly Dancing 1:10-2:10 Yoga (Chair) <b>2:00-3:00 BOOK CLUB</b> 2:30-3:30 Chi Kung 4:00-4:50 Tai Chi	<b>18</b> 9:00-10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00-3:00 Ballroom Dance <b>2:00-3:00 TRAVEL CLUB</b> 7:00-8:00 Zumba	<b>19</b> 5:15-6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi <b>7:30-9:30 PICKLEBALL</b>	<b>20</b> 8:30-9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance	<b>21</b> 7:45-8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba
<b>22</b> <b>2:00-4:00 PICKLEBALL</b> 2:30-3:30 Body Flow/Power Yoga	<b>23</b> 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance 1:00-2:00 Adult Dance <b>2:00 MOVIE MATINEE</b> 6:30-7:45 Yoga 7:00-8:00 Zumba	<b>24</b> 5:15-6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation <b>12:00 LUNCH AND LEARN</b> 12:00-1:00 SS Classic 12:30-1:30 Belly Dancing 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00-4:50 Tai Chi	<b>25</b> 9:00-10:00 Cardio 10:15-11:00 Cardio Lite <b>12:00 LET'S DO LUNCH</b> 12:10-1:10 Strength Lite 2:00-3:00 Ballroom Dance 7:00-8:00 Zumba	<b>26</b> <b>BRAIN HEALTH DAY</b> 5:15-6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi <b>7:30-9:30 PICKLEBALL</b>	<b>27</b> 8:30-9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance	<b>28</b> 7:45-8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba
<b>29</b> 2:00-4:00 PICKLEBALL 2:30-3:30 Body Flow/Power Yoga	<b>30</b> 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance 1:00-2:00 Adult Dance 6:30-7:45 Yoga 7:00-8:00 Zumba	<b>31</b> 5:15-6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 SS Classic <b>12:00 LUNCH AND LEARN</b> 12:30-1:30 Belly Dancing 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00-4:50 Tai Chi			YMCA of the SUNCOAST- HERNANDO COUNTY 1300 Mariner Blvd Spring Hill, FL 34609 352-688-9622 <a href="http://www.ymcasuncoast.org">www.ymcasuncoast.org</a>	



# March 2020 Active Adult Calendar

FOR YOUTH DEVELOPMENT®  
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- BRAIN HEALTH DAY** At the Y, you can exercise your mind, too! This month, Brain Health Day is March 26 from 10am – 1pm. The Alzheimer Association will be here to teach us how to live a healthy brain life with a presentation at 11am, *Healthy Living for Brain and Body*. Attendees will receive a notebook to track diet, social engagements, and other activities to keep our brains healthy. Sign up at the front desk by March 25.
- BOOK CLUB** The Book Club will be resuming its monthly get-together on Mar 17 at 2pm to talk about the book *X*. If you'd like to join other avid readers to discuss popular books, simply attend the meeting. A \$20 deposit is needed to cover the cost of lost or stolen books and is refundable at the end of participation.
- LET'S DO LUNCH** Love to eat at restaurants but hate eating alone? At the Y, we're always Better Together and that means lunch, too! Join fellow members for lunch at a local eatery as we sit as a group and enjoy each other's company over good food. This month, we are meeting at Applebee's on County Line Rd. at noon on Mar 25. Sign up at the front desk by Mar 23 so we can make reservations. Lunch is on-your-own but the company and conversation is free!
- LUNCH AND LEARN** Could long term care be a reality for you or a loved one. How would you pay for it? Learn your options when Frank Rojo from 21<sup>st</sup> Century Advisors will present *Will I Be Able to Afford LTC?* on Mar 10 from noon – 1pm. You MUST sign up at the front desk by noon Mar 9.
- It's in the news every day – the coronavirus. What are the medical facts and how can we protect ourselves and our loved ones from catching it? Join us on March 12 from noon – 1pm as Dr. Malhotra presents on *The Coronavirus – What You Need To Know*.
- Do you have ideas about how to help your neighbors? Are you looking for a way to do it? Learn about *Togetherhood*, the Y's program that gives members the opportunity to select, plan, and lead meaningful community service projects that benefit people and organizations right here in our neighborhood. In Mar 24 from noon to 1pm, we'll hear from folks who already participate who can answer your questions and listen to your suggestions. You MUST sign up at the front desk by noon Mar 23.
- Here's another chance to be a part of the lunch and learn *Technology 101 for Seniors* being offered on Mar 31 at noon. Robert Anania will help you to understand the technology, which whether we like it or not, that is a part of our lives. Please check at the front desk by noon on Mar 30 to make sure that your registration from the Feb 20 session was carried over to the new date of Mar 31 or if any open spaces are available.
- MOVIE MATINEE** Typically on the third Monday of each month at 2pm, we show a newly released movie to enjoy along with complimentary popcorn (of course!). Cost is free. This month's movie is *The Green Book* but will be shown on March 23. Be sure to sign up!
- PICKLEBALL** Come join others in a fun game of Pickleball – a sport that combines parts of tennis, badminton, and table tennis. The craze just keeps growing, and you can be a part of it when it's offered on Thursdays 7:30pm-9:30pm and Sundays from 2pm – 4pm.
- RIDDLE OF THE MONTH** Be the first to email the correct answer to the Riddle at the bottom of the page and Win A Prize! Email your answer to [kkenney@suncoastymca.org](mailto:kkenney@suncoastymca.org)
- ST PATTY'S DAY FUN** Doesn't matter if your name isn't O'Brien or Sullivan or Murphy – everybody is Irish on March 17! Let's have some fun! We'll enjoy potato soup (of course!), simple finger foods, music, and a game or two between 2:30pm – 3:30pm. Wear your greenest green. Bring a guest. Cost is \$2. Sign up at the front desk by Mar 16.
- TRAVEL CLUB** Remember – anyone can join! Tell us where you'd like to go. We'll be meeting Mar. 18 at 2pm to discuss our next trip and our next Let's Do Lunch.
- VETERAN'S LUNCH** The Y will honor and celebrate veterans with a delicious luncheon and a guest speaker on Mar 6 from 11am-1pm.

## Riddle Of The Month

**I have seas without water. I have forests without wood. I have deserts without sand. What am I?**

**Answer to last month's riddle? An apple a day keeps the doctor away.**