

March 2021

Mon	Tue	Wed	Thurs	Fri
<p>In-person programs are in bold and require pre-registration. Virtual and Telephone programs are in regular font.</p> <p>Please call the Center (207-967-8514) or email Dori at info@seniorcenterkennebunk.org to register or FMI.</p>				
<p>1</p> <p>9:00 Keep it Legal with Milda Castner, Esq.</p> <p>1:00 Chair Yoga</p>	<p>2</p>	<p>3</p> <p>10:00 Tai Chi</p>	<p>4</p> <p>9:00 Chair Yoga</p> <p>10:00 Floor Yoga</p> <p>10:00 Knitting Group</p> <p>11:00 Grief Group</p>	<p>5</p>
<p>8</p> <p>1:00 Chair Yoga</p>	<p>9</p> <p>1:30 Telephone Bingo</p>	<p>10</p>	<p>11</p> <p>9:00 Chair Yoga</p> <p>10:00 Floor Yoga</p> <p>10:00 Knitting Group</p> <p>11:00 Grief Group</p>	<p>12</p>
<p>15</p> <p>1:00 Chair Yoga</p>	<p>16</p>	<p>17</p> <p>10:00 Tai Chi</p> <p>12:00 March Luncheon</p>	<p>18</p> <p>9:00 Chair Yoga</p> <p>10:00 Floor Yoga</p> <p>10:00 Knitting Group</p> <p>11:00 Grief Group with Carol</p>	<p>19</p> <p>3:00 Block Printing with KFL</p>
<p>22</p> <p>1:00 Chair Yoga</p>	<p>23</p> <p>1:30 Telephone Bingo</p>	<p>24</p>	<p>25</p> <p>9:00 Chair Yoga</p> <p>10:00 Floor Yoga</p> <p>10:00 Knitting Group</p> <p>11:00 Grief Group</p>	<p>26</p> <p>12:00 Physiologic Changes in the Aging Athlete with Reform Physical Therapy</p>
<p>29</p> <p>1:00 Chair Yoga</p>	<p>30</p>	<p>31</p> <p>1:00 Book Club</p>		