<table>
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<th>Monday</th>
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<tr>
<td>2) Cigna Lunch and Learn: 10 a.m. Brown/Davis</td>
<td>3) <a href="#">March</a></td>
<td>4) Trip: <em>Music for Seniors</em>, Van at 11 a.m.</td>
<td>5) Bunco: Noon-3 p.m. Activity Room</td>
<td>6) No Blood Pressure checks!</td>
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<td>Foodie Night: <em>Parson’s Chicken and Fish</em>, MEET THERE, 5 p.m.</td>
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<td>9) Breakfast Club: <em>Pancake Pantry</em>, MEET THERE, 8:30 a.m.</td>
<td>10)</td>
<td>11)</td>
<td>12) Edward Jones Lunch and Learn: Noon-2 p.m. Zelle/West</td>
<td>13) Vanderbilt Students: <em>Mental Health and Memory</em>: 9-10 a.m. Brown/Davis</td>
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<td>SLN: <em>Eleanor Roosevelt</em>: 12:30 p.m. Conference Room</td>
<td>Supper Club: <em>Dalton’s Grille</em>, MEET THERE, 5 p.m.</td>
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<td>16) Medical Fraud: 10 a.m.</td>
<td>17)</td>
<td>18) Trip: <em>TN Capitol Tour and Farmer’s Market</em>: Van at 9:15 a.m.</td>
<td>19) Trip: <em>Tasty Treats Sushi Cooking Class</em>: Van at 10:45 a.m.</td>
<td>20) Vanderbilt Students: <em>Common Medical Issues with Aging</em>: 9-10 a.m. Brown/Davis</td>
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<td>Foodie Night TRIP: <em>Jimmy Kelley’s Steakhouse</em>, Van at 4:15 p.m.</td>
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<td>Open Art: 1-3 p.m. Zelle/West</td>
<td><em>Crafting with Amy</em>: 10:30 a.m. Zelle/West</td>
<td>Vanderbilt Gerontology: <em>Winter Blues</em>: Noon. Zelle/West</td>
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<td>Trip: <em>Southern Women’s Show</em>: Van at 9:15 a.m.</td>
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<td>30) Trip: <em>Art Trunk Tour</em>: van at 10:15 a.m.</td>
<td>31) Trip: <em>Hike and Picnic</em>: van at 9:30 a.m.</td>
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*SLN is an abbreviation for: Senior Learning Network*
### J.L Turner Weekly Ongoing

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<th>Monday</th>
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| 11:30 a.m.: Transportation Group  
11:30 a.m.-1:30 p.m.: Weight Watchers  
11:45 a.m.-3 p.m.: Bridge  
2-3 p.m.: Glory Bible Study | 9 a.m.-Noon: Mah-Jongg  
9:30 a.m.-3 p.m.: Canasta  
10 a.m.: Qi Gong  
11:30 a.m.: Tai Chi  
12 p.m.: Brain Brawlers  
1 p.m.: Creating Memoirs (4th Tuesday)  
12:30-3 p.m.: Rummikub | 11:30 a.m.: Transportation Group  
11:45 a.m.-3 p.m.: Bridge  
1 p.m.: Ping Pong  
1 p.m.: Line Dancing | 10:30-11:30 a.m.: Current Events Discussion  
11 a.m.: Tai Chi  
11:30 a.m.: Writer’s Club  
1 p.m.: Book Club (4th Thursday)  
5:45 p.m.: Evening Bridge | 9 a.m.: History and Genealogy Group  
9-11:30 a.m.: Sit, Knit & Crochet  
9:30-11:30 a.m. Blood Pressure Checks (Unavailable Feb. 28)  
10:30 a.m.: Line Dancing  
11:45 a.m.-3 p.m.: Bridge |

### Bellevue YMCA’s AOA Exercise Class Schedule

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<th>Monday</th>
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| S1-7:30 a.m.-Cardio Sculpt Gold  
P-8 a.m.-H20 Cardio  
CR-8:30 a.m.-AOA Yoga  
S2-8:30 a.m.-Stretch  
P-9 a.m.-H20 Circuit  
CR-9:30 a.m.-AOA Circuit  
CR-10:30 a.m.-AOA Classic  
Gym-10:30 a.m.-Pickleball  
CR-11:30 a.m.-AOA Cardio  
CR-6 p.m.-Stretch and Meditation  
P-6:45 p.m.-H20 Circuit | S1-7:30 a.m.-Dance Blast  
CR-8:30 a.m.-AOA Yoga  
P-8 a.m.-H20 Circuit Fusion  
P-9 a.m.-H20 Yoga  
S2-9:30 a.m.-Stretch  
CR-9:30 a.m.-AOA Circuit  
CR-10:30 a.m.-AOA Classic  
CR-11:30 a.m.-AOA Cardio  
S2-11:35 a.m.-Tai Chi  
CR-12:30 p.m.-AOA Yoga  
CR-6:30 p.m.-Ballroom Dance | S1-7:30 a.m.-Line Dancing  
P-8 a.m.-Aqua Dance Blast  
CR-8:30 a.m.-AOA Classic  
P-9 a.m.-H20 Cardio  
CR-9:30 a.m.-AOA Cardio  
Gym-10:30 a.m.-Pickleball  
CR-11:30 a.m.-AOA Cardio  
P-6:45 p.m.-H20 Circuit | S1-7:30 a.m.-Dance Blast  
P-8 a.m.-H20 Cardio  
CR-8:30 a.m.-AOA Yoga  
P-9 a.m.-H20 Yoga  
CR-9:30 a.m.-AOA Circuit  
CR-10:30 a.m.-AOA Classic  
S2-11:35 a.m. Tai Chi  
Gym-11 a.m.-Pickleball  
CR-11:30 a.m.-AOA Cardio  
CR-12:30 p.m.-AOA Yoga | S1-7:30 a.m.-Line Dance  
P-8 a.m.-H20 Circuit  
CR-8:30 a.m.-AOA Yoga  
P-9 a.m.-H20 Cardio Gold  
CR-9:30 a.m.-AOA Circuit  
CR-10:30 a.m.-AOA Classic  
Gym-10:30 a.m.-Pickleball  
CR-11:30 a.m.-Qi Gong |