

# ELK RIVER – MARCH 11-29, 2024 *(\*\*UPDATED 3/8/24\*\*)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11</p> <p>6am-12pm Coffee Club</p> <p>10:45am Participant-led Tai Chi</p> <p>1pm-3pm Pickleball</p>	<p>12</p> <p>6am-12pm Coffee Club</p> <p>8am-10am Pickleball</p> <p>9:45am Instructor-led Silver Sneakers Circuit</p> <p>10:45am – Chair Yoga – Virtual Y will be set up in the community room</p>	<p>13</p> <p>6am-12pm Coffee Club</p> <p>10:45am Instructor-led Silver Sneakers Classic</p> <p>2pm-4pm Pickleball</p>	<p>14</p> <p>6am-12pm Coffee Club</p> <p>8am-10am Pickleball</p> <p>9:45am Instructor-led class</p> <p>Noon – Dime Bingo</p>	<p>15</p> <p>6am-12pm Coffee Club</p> <p>10:45am Participant-led Tai Chi</p> <p>11:30 – Stitch Together</p> <p>1pm-3pm Pickleball</p>
<p>18</p> <p>6am-12pm Coffee Club</p> <p>10:45am Participant-led Tai Chi</p> <p>1pm-3pm Pickleball</p>	<p>19</p> <p>6am-12pm Coffee Club</p> <p>8am-10am Pickleball</p> <p>9:45am Silver Sneakers Circuit- Virtual Y will be set up</p> <p>10:45am – Chair Yoga – Virtual Y will be set up in the community room</p>	<p>20</p> <p>6am-12pm Coffee Club</p> <p>10:45am Instructor-led Silver Sneakers Classic</p> <p>11:30 – Lunch at Pizza Ranch</p> <p>2pm-4pm Pickleball</p>	<p>21</p> <p>6am-12pm Coffee Club</p> <p>8am-10am Pickleball</p> <p>9:45am Virtual Y class will be set up</p> <p>Noon – Dime Bingo</p>	<p>22</p> <p>6am-12pm Coffee Club</p> <p>10:45am Participant-led Tai Chi</p> <p>11:30 – Stitch Together</p> <p>1pm-3pm Pickleball</p>
<p>25</p> <p>6am-12pm Coffee Club</p> <p>10:45am Participant-led Tai Chi</p> <p>1pm-3pm Pickleball</p>	<p>26</p> <p>7am-12pm Coffee Club</p> <p>8am-10am Pickleball</p> <p>9:45am Silver Sneakers Circuit- Virtual Y will be set up</p> <p>10:45am – Chair Yoga – Virtual Y will be set up</p>	<p>27</p> <p>6am-12pm Coffee Club</p> <p>10:45am Instructor-led Silver Sneakers Classic</p> <p>NOON – POTLUCK!!</p> <p>2pm-4pm Pickleball</p>	<p>28</p> <p>6am-12pm Coffee Club</p> <p>8am-10am Pickleball</p> <p>9:45am Virtual Y class will be set up</p>	<p>29</p> <p>6am-12pm Coffee Club</p> <p>10:45am Participant-led Tai Chi</p> <p>1pm-3pm Pickleball</p>