

# March Events & Activities

# 2018

## Recreation Events

Events are for residents and their guests only.

<b>6</b> TUE	<b>Steak Dinner</b> 5:30 p.m. at Clubhouse 2 Sequoia Ballroom Cost: \$16.00 per person; while supplies last
<b>7</b> WED	<b>Health and Wellness Expo</b> 10:00 a.m. to 3:00 p.m. at Clubhouse 2 Cost: Free
<b>10</b> SAT	<b>True Willie-Willie Nelson and Reba McEntire Tribute</b> 7:00 p.m. at the Performing Arts Center Cost: \$15.00, \$20.00 and \$25.00
<b>12</b> MON	<b>Soup and Salad Buffet</b> 5:30 p.m. at Clubhouse 7 Main Lounge Cost: \$12.00 per person; while supplies last
<b>14</b> WED	<b>Italian Buffet</b> 5:30 p.m. at Clubhouse 1 Main Lounge Cost: \$11.00 per person; while supplies last
<b>17</b> SAT	<b>St. Patrick's Dinner</b> 5:00 p.m. at Clubhouse 2 Cost: \$16.00 per person; While supplies last
<b>19</b> MON	<b>Movie Night: Going in Style</b> 7:30 p.m. at the Performing Arts Center Cost: Free Movie and Popcorn
<b>24</b> SAT	<b>Rockin' Saturday Night Dance Party</b> 6:30 p.m. at Clubhouse 5 Main Lounge Cost: \$5.00 per person
<b>26</b> MON	<b>Brisket Dinner</b> 5:30 p.m. at Clubhouse 5 Main Lounge Cost: \$12.00 per person; while supplies last
<b>31</b> SAT	<b>Easter at the Equestrian Center</b> 10:00 a.m. to 1:00 p.m. Cost: Free

## COMING SOON

### Village Games

<b>Registration Begins</b> Monday, March 12	<b>Games Begin</b> Monday, April 9
<b>Opening Ceremonies</b> Sunday, April 8	<b>Closing Ceremonies</b> Monday, April 30

## Ongoing Classes

Recreation Coordinated Classes are offered at no charge unless otherwise noted. No registration is required unless a fee is charged. See reverse side for registration and payment instructions. Classes are for residents only.

### Mondays

<b>Yoga with Kim Min</b> Clubhouse 6, 8:30 - 10:00 a.m.	
<b>Laughter Yoga with Cheryl Russell</b> Clubhouse 1, 9:00 - 10:00 a.m.	
<b>Ballroom Dance with Candi Davis</b> Clubhouse 1, 11:00 a.m. - 12:00 p.m. Cost: 5 Group Lessons \$25.00 This month's dance: Waltz	PRIVATE LESSONS AVAILABLE
<b>Cardio &amp; Strength FLEX with Patsy Moore</b> Clubhouse 5, 1:00 - 2:00 p.m., 2:00 - 3:00 p.m. Cost: 5 Group Lessons \$25.00 - SilverSneakers and Silver&Fit members attend for free!	1ST CLASS FREE FOR NEW STUDENTS!
<b>Chinese Conversation with Grace Sams</b> Community Center, Beginner/Intermediate: 2:00 - 3:00 p.m. Advanced: 3:00 - 4:00 p.m.	
<b>Meditation (Sacred Fire) with Zahir Movius</b> Clubhouse 2, 3:30 - 5:00 p.m.	
<b>Line Dancing with Doug Houston</b> Clubhouse 2, 5:30 - 7:30 p.m. Cost: 5 Group Lessons \$25.00	1ST CLASS FREE FOR NEW STUDENTS!
<b>Hula Dance with 'Aulani</b> Clubhouse 6, 6:00 - 7:30 p.m. New students are welcome to begin on the 1st Monday in January, April and October	

### Tuesdays

<b>Tai Chi with Cecilia Jen</b> Clubhouse 7, 8:00 - 9:30 a.m.	
<b>Boxing, Core and Dance with Rachel Gibson</b> Clubhouse 6, 9:00 - 10:00 a.m. Cost: 10 Group Lessons \$50.00 SilverSneakers and Silver&Fit members attend for free!	1ST CLASS FREE FOR NEW STUDENTS!
<b>Clogging with Edith Jones</b> Performing Arts Center, All Levels: 9:00 - 10:00 a.m. Beginner: 10:00 - 10:30 a.m.	

### Tuesdays Continued

<b>Core and Stretch with Patty Haft</b> Clubhouse 5, 9:00 - 9:50 a.m. Cost: 5 Group Lessons \$25.00	
<b>Posture and Balance with Patty Haft</b> Clubhouse 5, 10:00 - 10:50 a.m. Cost: 5 Group Lessons \$25.00	
<b>Zumba with Mia Alicea</b> Clubhouse 6, 10:30 - 11:15 a.m. Cost: 10 Group Lessons \$70.00	1ST CLASS FREE FOR NEW STUDENTS!
<b>Chair Yoga with Kristine deYoung</b> Clubhouse 5, 2:00 - 3:00 p.m.	Class Cancelled 3/20
<b>Pilates with Casey Chavez</b> Clubhouse 5, 3:30 - 4:20 p.m. Cost: 5 Group Lessons \$30.00	
<b>Meridian Yoga with Sue Shin</b> Clubhouse 5, Beginner/Intermediate: 5:00 - 6:00 p.m. Advanced Vinyasa: 6:00 - 7:00 p.m.	

### Wednesdays

<b>Stress-Less Meditation with Dr. Lois Rubin</b> Clubhouse 6, 10:00 - 11:00 a.m.	
<b>Line Dancing with Brian and Sook Kim</b> Clubhouse 1, Intermediate: 12:00 - 1:00 p.m. Beginner: 1:00 - 1:45 p.m. New students are welcome to begin on the 1st Wednesday of January, April, July and October ONLY	
<b>Silver Glove Fitness with Andrew Deming</b> Clubhouse 5, 2:30 - 3:30 p.m. Cost: 6 Sessions \$42.00	
<b>Russian Language Class with Janet Preissler</b> Performing Arts Center, 3:00 - 4:30 p.m.	

### Thursdays

<b>Chi Kung with Tukung Lee</b> Clubhouse 2, 8:00 - 9:00 a.m.	
<b>Tai Chi with Cecilia Jen</b> Clubhouse 7, 8:00 - 9:30 a.m.	
<b>Tai Chi Dance with Susie Ando</b> Clubhouse 1, Beginner: 8:00 - 8:30 a.m. Advanced: 8:30 - 10:30 a.m.	
<b>Core and Stretch with Patty Haft</b> Clubhouse 5, 9:00 - 9:50 a.m. Cost: 5 Group Lessons \$25.00	

### Thursdays Continued

<b>Yoga with Zahir Movius &amp; Kim Min</b> Clubhouse 1, 10:00 - 11:30 a.m.	
<b>Chair Yoga with Kristine deYoung</b> Clubhouse 6, 10:00 - 11:00 a.m.	
<b>Posture and Balance with Patty Haft</b> Clubhouse 5, 10:00 - 10:50 a.m. Cost: 5 Group Lessons \$25.00	
<b>Zumba with Mia Alicea</b> Clubhouse 2, 10:30 - 11:15 a.m. Cost: 10 Group Lessons \$70.00	1ST CLASS FREE FOR NEW STUDENTS!
<b>Israeli Dance with Rebeca Gilad</b> Clubhouse 2, 12:00 - 2:00 p.m.	
<b>Cardio &amp; Strength FLEX with Patsy Moore</b> Clubhouse 5, 1:00 - 2:00 p.m., 2:00 - 3:00 p.m. Cost: 5 Group lessons \$25.00 SilverSneakers and Silver&Fit members attend for free!	1ST CLASS FREE FOR NEW STUDENTS!
<b>Korean Language Class with Han Sohn</b> Performing Arts Center, 3:00 - 5:00 p.m.	

### Fridays

<b>Silver Glove Fitness with Andrew Deming</b> Clubhouse 5, 8:00 - 9:00 a.m. Cost: 6 Sessions \$42.00	
<b>Meridian Yoga with Sue Shin</b> Clubhouse 7, Beginner/Intermediate: 8:00 - 9:00 a.m. Advanced Vinyasa: 9:00 - 10:00 a.m.	
<b>Ballroom Dance with Ed Van Ornum</b> Clubhouse 1, 9:30 - 11:30 a.m. Cost: 5 Group Lessons \$30.00 This month's dance: West Coast Swing	1ST CLASS FREE FOR NEW STUDENTS! Private lessons available
<b>Boxing Core and Dance with Rachel Gibson</b> Clubhouse 5, 10:00 - 11:00 a.m. Cost: 10 Group Lessons \$50.00 SilverSneakers and Silver&Fit members attend for free!	1ST CLASS FREE FOR NEW STUDENTS!
<b>Latin Line Dancing with Rebeca Gilad</b> Clubhouse 1, 12:30 - 1:30 p.m.	
<b>Pilates with Casey Chavez</b> Clubhouse 5, 3:30 - 4:20 p.m. Cost: 5 Group Lessons \$30.00	

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