

March 2019



March 10
Day-Light
Savings



Paso Robles Senior Center
805.237.3880
270 Scott Street
Paso Robles, CA 93446

FRIDAY March 1

8:15-9:15	Emeritus Yoga*	DS
8:30-9:30	Relaxation Yoga	L
9:30-11:30	Emeritus Literature*	O
10:00-11:30	Red Hat Society	L
10:00-11:00	Arthritis Exercise	DS
10:00-11:00	Grief Support Group	M
11:30-12:00	Meals That Connect	DR
12:30-2:30	Pedro	L
1:00-4:00	Canasta	M
1:00-3:00	Scrabble	DR

MONDAY March 4			TUESDAY March 5			WEDNESDAY March 6			THURSDAY March 7			FRIDAY March 8		
8:15-9:15	Emeritus Yoga*	DS	9:00-10:00	Flexercise	L	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS
8:30-9:30	Relaxation Yoga	L	10:00-2:00	Poker	DS	8:15-9:30	Relaxation Yoga	DS	9:30-11:00	Brain Aerobics	DS	8:30-9:30	Relaxation Yoga	L
9:00-4:00	Cribbage/Pinochle	M	10:00-11:00	Walking Group	O	9:30-1:30	Poker	M	9:00-4:00	Cribbage/Pinochle	M	9:30-11:30	Emeritus Literature*	L
9:30-12:00	Emeritus Watercolor*	DS	11:30-12:00	Meals That Connect	DR	9:45-10:45	Emeritus Adapted Exerc.*	DS	9:45-10:45	Emeritus Adapted Exerc.*	DS	10:00-11:00	Arthritis Exercise	DS
10:00-11:00	Arthritis Exercise	L	1:00-3:30	Mah Jongg	L	10:00-11:00	Body in Balance	L	11:00-12:00	Meditation & Mindfulness	L	10:00-11:00	Grief Support Group	M
10:00-11:00	Stamp Collectors	V	1:00-4:00	Pedro	M	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DK	11:30-12:00	Meals That Connect	DK
11:30-12:00	Meals That Connect	DR	By Appt.	Computers with Bob	V	12:30-4:00	Party Bridge	V	12:30-4:30	Duplicate Bridge	DK	12:30	MOVIE	L
11:30-1:20	Emeritus Technology*	L				1:30-3:30	Bingo	DR	2:00-4:30	Knitting	DR	12:30-2:30	Pedro	DS
12:30-4:30	Duplicate Bridge	DR							By Appt.	HICAP	V	1:00-4:00	Canasta	M
1:00-4:00	Emeritus Mixed Media*	DS										1:00-3:00	Scrabble	DR
1:15-2:15	History Buffs	L										By Appt.	Legal Services	V

MONDAY March 11			TUESDAY March 12			WEDNESDAY March 13			THURSDAY March 14			FRIDAY March 15		
NO Yoga*			9:00-10:00	Flexercise	L	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS
8:30-9:30	Relaxation Yoga	L	10:00-2:00	Poker	DS	8:15-9:30	Relaxation Yoga	DS	9:00-4:00	Cribbage/Pinochle	M	8:30-9:30	Relaxation Yoga	L
9:00-4:00	Cribbage/Pinochle	M	10:00-11:00	Walking Group	O	9:30-1:30	Poker	M	9:45-10:45	Emeritus Adapted Exerc.*	M	9:30-11:30	Emeritus Literature*	L
9:30-12:00	Emeritus Watercolor*	DS	10:00-11:00	FoodBank Distribution	P	9:45-10:45	Emeritus Adapted Exerc.*	DS	11:00-12:00	Meditation & Mindfulness	DS	10:00-11:00	Arthritis Exercise	DS
10:00-11:00	Arthritis Exercise	L	10:30-2:00	Genealogy	M	10:00-11:00	Body in Balance	L	11:30-12:00	Meals That Connect	L	10:00-11:00	Grief Support Group	M
11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	12:30-4:30	Duplicate Bridge	DR	11:30-12:00	Meals That Connect	DR
11:30-1:20	Emeritus Technology*	L	1:00-3:30	Mah Jongg	L	12:30-4:00	Party Bridge	L	1:00-4:00	Classical Music Apprec.	DK	12:30-2:30	Pedro	DS
12:30-4:30	Duplicate Bridge	DR	By Appt.	Computers with Bob	V	1:30-3:30	Bingo	V	2:00-4:30	Knitting	DR	1:00-4:00	Canasta	M
1:00-4:00	Emeritus Mixed Media*	DS				1:00-3:30	Slow & Social Mah Jongg	M	By Appt.	HICAP	M	1:00-3:00	Scrabble	DR
1:30-2:30	Sr. Advisory Public Mtg.	L												
By Appt.	Computers with Stanford	V												

MONDAY March 18			TUESDAY March 19			WEDNESDAY March 20			THURSDAY March 21			FRIDAY March 22		
8:15-9:15	Emeritus Yoga*	DS	9:00-10:00	Flexercise	L	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS
8:30-9:30	Relaxation Yoga	L	10:00-2:00	Poker	DS	8:15-9:30	Relaxation Yoga	DS	9:00-4:00	Cribbage/Pinochle	L	8:30-9:30	Relaxation Yoga	L
9:00-4:00	Cribbage/Pinochle	M	10:00-11:00	Walking Group	O	9:30-1:30	Poker	M	9:30-11:00	Brain Aerobics	M	10:00-11:00	Arthritis Exercise	DS
9:30-12:00	Emeritus Watercolor*	DS	11:30-12:00	Meals That Connect	DR	9:45-10:45	Emeritus Adapted Exerc.*	DR	9:45-10:45	Emeritus Adapted Exerc.*	DS	9:30-11:30	Emeritus Literature*	L
10:00-11:00	Arthritis Exercise	L	1:00-3:30	Mah Jongg	L	10:00-11:00	Body in Balance	L	11:00-12:00	Meditation & Mindfulness	L	10:00-11:00	Grief Support Group	M
11:30-12:00	Meals That Connect	DR	1:00-4:00	Pedro	M	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DK	11:30-12:00	Meals That Connect	DK
11:30-1:20	Emeritus Technology*	L	By Appt.	Computers with Bob	V	12:30-4:00	Party Bridge	V	12:30-4:30	Duplicate Bridge	DK	12:30	MOVIE	L
12:30-4:30	Duplicate Bridge	DR				1:30-3:30	Bingo	L	1:00-4:00	Classical Music Apprec.	DS	12:30-2:30	Pedro	DS
1:00-4:00	Emeritus Mixed Media*	DS				2:00-4:00	Sierra Bonita HOA Meeting	M	2:00-4:30	Knitting	M	1:00-4:00	Canasta	M
2:00-4:30	Knitting	L										1:00-3:00	Scrabble	DR
By Appt.	Computers with Stanford	V												

MONDAY March 25			TUESDAY March 26			WEDNESDAY March 27			THURSDAY March 28			FRIDAY March 29		
8:15-9:15	Emeritus Yoga*	DS	9:00-10:00	Flexercise	L	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS
8:30-9:30	Relaxation Yoga	L	10:00-2:00	Poker	DS	8:15-9:30	Relaxation Yoga	DS	9:00-4:00	Cribbage/Pinochle	L	8:30-9:30	Relaxation Yoga	L
9:00-4:00	Cribbage/Pinochle	M	10:00-11:00	Walking Group	O	9:30-1:30	Poker	M	9:30-12:00	CAPSLO Health Screenings	M	9:30-11:30	Emeritus Literature*	L
9:30-12:00	Emeritus Watercolor*	DS	10:00-11:00	FoodBank Distribution	P	9:45-10:45	Emeritus Adapted Exerc.*	DS	9:45-10:45	Emeritus Adapted Exerc.*	DS	10:00-11:00	Arthritis Exercise	DS
10:00-11:00	Arthritis Exercise	L	10:30-2:00	Genealogy	M	10:00-11:00	Body in Balance	L	11:00-12:00	Meditation & Mindfulness	L	10:00-11:00	Grief Support Group	M
11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR
11:30-1:20	Emeritus Technology*	L	1:00-3:30	Mah Jongg	L	12:30-4:00	Party Bridge	L	12:30-4:30	Duplicate Bridge	DK	12:30-2:30	Pedro	DS
12:30-4:30	Duplicate Bridge	DR	By Appt.	Computers with Bob	V	1:30-3:30	Bingo	V	12:30-2:30	Bunco	L	1:00-4:00	Canasta	M
1:00-4:00	Emeritus Mixed Media*	DS	3:00-4:30	Importance of Powers of Attorney, Adv. Health Care Directives & Wills	DS	1:00-3:30	Slow & Social Mah Jongg	DS	1:00-4:00	Classical Music Apprec.	M	1:00-3:00	Scrabble	DR
2:00-4:30	Knitting	L							2:30-4:30	Knitting	L			
By Appt.	Computers with Stanford	V												

*Cuesta College Emeritus classes require pre-registration

MONDAY April 1		TUESDAY April 2		WEDNESDAY April 3		THURSDAY April 4		FRIDAY April 5					
8:15-9:15	Emeritus Yoga*	DS	9:00-10:00	Flexercise	L	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS		
8:30-9:30	Relaxation Yoga	L	10:00-2:00	Poker	DS	8:15-9:30	Relaxation Yoga	DS	8:30-9:30	Relaxation Yoga	L		
9:00-4:00	Cribbage/Pinocle	M	10:00-11:00	Walking Group	O	9:30-1:30	Poker	M	9:30-11:30	Emeritus Literature*	O		
9:30-12:00	Emeritus Watercolor*	DS	11:30-12:00	Meals That Connect	DR	9:45-10:45	Emeritus Adapted Exerc.*	DS	10:00-11:30	Red Hat Society	L		
10:00-11:00	Arthritis Exercise	L	1:00-3:30	Mah Jongg	L	10:00-11:00	Body in Balance	L	10:00-11:00	Arthritis Exercise	DS		
10:00-11:00	Stamp Collectors	V	1:00-4:00	Pedro	M	11:30-12:00	Meals That Connect	DR	10:00-11:00	Grief Support Group	M		
11:30-12:00	Meals That Connect	DR	By Appt.	Computers with Bob	V	12:30-4:00	Party Bridge	L	11:30-12:00	Meals That Connect	DR		
11:30-1:20	Emeritus Technology*	L				1:30-3:30	Bingo	DR	12:00	Spring High Tea	DS		
12:30-4:30	Duplicate Bridge	DR							L	12:30-2:30	Pedro	L	
1:00-4:00	Emeritus Mixed Media*	DS							V	1:00-4:00	Canasta	M	
1:15-2:15	History Buffs	L								1:00-3:00	Scrabble	DR	
													
MONDAY April 8		TUESDAY April 9		WEDNESDAY April 10		THURSDAY April 11		FRIDAY April 12					
8:15-9:15	Emeritus Yoga*	DS	9:00-10:00	Flexercise	L	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS		
8:30-9:30	Relaxation Yoga	L	10:00-2:00	Poker	DS	8:15-9:30	Relaxation Yoga	DS	8:30-9:30	Relaxation Yoga	L		
9:00-4:00	Cribbage/Pinocle	M	10:00-11:00	Walking Group	O	9:30-1:30	Poker	M	9:30-11:30	Emeritus Literature*	L		
9:30-12:00	Emeritus Watercolor*	DS	10:00-11:00	FoodBank Distribution	P	9:45-10:45	Emeritus Adapted Exerc.*	DS	10:00-11:00	Arthritis Exercise	DS		
10:00-11:00	Arthritis Exercise	L	10:30-2:00	Genealogy	M	10:00-11:00	Body in Balance	L	10:00-11:00	Grief Support Group	M		
11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DK		
11:30-1:20	Emeritus Technology*	L	1:00-3:30	Mah Jongg	L	12:30-4:00	Party Bridge	L	12:30	MOVIE	L		
12:30-4:30	Duplicate Bridge	DR	By Appt.	Computers with Bob	V	1:30-3:30	Bingo	DR	L	12:30-2:30	Pedro	DS	
1:00-4:00	Emeritus Mixed Media*	DS				1:00-3:30	Slow & Social Mah Jongg	M	V	1:00-4:00	Canasta	M	
1:30-2:30	Sr. Advisory Public Mtg.	L								1:00-3:00	Scrabble	DR	
By Appt.	Computers with Stanford	V							By Appt.	Legal Services	V		
MONDAY April 15		TUESDAY April 16		WEDNESDAY April 17		THURSDAY April 18		FRIDAY April 19					
8:15-9:15	Emeritus Yoga*	DS	9:00-10:00	Flexercise	L	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS		
8:30-9:30	Relaxation Yoga	L	10:00-2:00	Poker	DS	8:15-9:30	Relaxation Yoga	DS	8:30-9:30	Relaxation Yoga	L		
9:00-4:00	Cribbage/Pinocle	M	10:00-11:00	Walking Group	O	9:30-1:30	Poker	M	9:30-11:30	Emeritus Literature*	L		
9:30-12:00	Emeritus Watercolor*	DS	11:30-12:00	Meals That Connect	DR	9:45-10:45	Emeritus Adapted Exerc.*	DS	10:00-11:00	Arthritis Exercise	DS		
10:00-11:00	Arthritis Exercise	L	1:00-3:30	Mah Jongg	L	10:00-11:00	Body in Balance	L	10:00-11:00	Grief Support Group	M		
11:30-12:00	Meals That Connect	DR	1:00-4:00	Pedro	M	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR		
11:30-1:20	Emeritus Technology*	L	By Appt.	Computers with Bob	V	12:30-4:00	Party Bridge	L	DK	12:30-2:30	Pedro	DS	
12:30-4:30	Duplicate Bridge	DR				1:30-3:30	Bingo	DR	DS	1:00-4:00	Canasta	M	
1:00-4:00	Emeritus Mixed Media*	DS				2:00-4:00	Sierra Bonita HOA Meeting	M	L	1:00-3:00	Scrabble	DR	
2:00-4:30	Knitting	L											
By Appt.	Computers with Stanford	V											
MONDAY April 22		TUESDAY April 23		WEDNESDAY April 24		THURSDAY April 25		FRIDAY April 26					
8:15-9:15	Emeritus Yoga*	DS	9:00-10:00	Flexercise	L	8:15-9:15	Emeritus Yoga*	DS	8:15-9:15	Emeritus Yoga*	DS		
8:30-9:30	Relaxation Yoga	L	10:00-2:00	Poker	DS	8:15-9:30	Relaxation Yoga	DS	M	8:30-9:30	Relaxation Yoga	L	
9:00-4:00	Cribbage/Pinocle	M	10:00-11:00	Walking Group	O	9:30-1:30	Poker	M	DS	10:00-11:00	Arthritis Exercise	DS	
9:30-12:00	Emeritus Watercolor*	DS	10:00-11:00	FoodBank Distribution	P	9:45-10:45	Emeritus Adapted Exerc.*	DS	L	9:30-11:30	Emeritus Literature*	L	
10:00-11:00	Arthritis Exercise	L	10:30-2:00	Genealogy	M	10:00-11:00	Body in Balance	L	L	10:00-11:00	Grief Support Group	M	
11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	11:30-12:00	Meals That Connect	DR	DR	11:30-12:00	Meals That Connect	DK	
11:30-1:20	Emeritus Technology*	L	1:00-3:30	Mah Jongg	L	12:30-4:00	Party Bridge	L	DK	12:30	MOVIE	L	
12:30-4:30	Duplicate Bridge	DR	By Appt.	Computers with Bob	V	1:30-3:30	Bingo	DR	L	12:30-2:30	Pedro	DS	
1:00-4:00	Emeritus Mixed Media*	DS				1:00-3:30	Slow & Social Mah Jongg	M	DS	1:00-4:00	Canasta	M	
2:00-4:30	Knitting	L							L	1:00-3:00	Scrabble	DR	
By Appt.	Computers with Stanford	V											
MONDAY April 29		TUESDAY April 30											
8:15-9:15	Emeritus Yoga*	DS	9:00-10:00									Flexercise	L
8:30-9:30	Relaxation Yoga	L	10:00-2:00									Poker	DS
9:00-4:00	Cribbage/Pinocle	M	10:00-11:00	Walking Group	O								
9:30-12:00	Emeritus Watercolor*	DS	11:30-12:00	Meals That Connect	DR								
10:00-11:00	Arthritis Exercise	L	1:00-3:30	Mah Jongg	L								
11:30-12:00	Meals That Connect	DR	By Appt.	Computers with Bob	V								
11:30-1:20	Emeritus Technology*	L											
12:30-4:30	Duplicate Bridge	DR											
1:00-4:00	Emeritus Mixed Media*	DS											
2:00-4:30	Knitting	L											
By Appt.	Computers with Stanford	V											

April 2019

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