



March 2021 Virtual Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4		6
	Mayor Barnett YouTube 9 am – Body Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Computer Club 2:30 pm – Chair Yoga	9 am – Body Balance 10:30 – Spanish Group	10:30 am – MAC Group 2:30 pm – Chair Yoga		
7	8	9	10	11	12	13
	9 am – Body Strong 10:30 am – Mindful Monday 3 pm – Cyber Security Basics 6 pm – Meditation	10 am – Computer Club 2:30 pm – Chair Yoga	9 am – Body Balance 10:30 – Spanish Group 2 pm – Writers & Readers	10:30 am – Detroit Zoos 2:30 pm – Chair Yoga		
14	15	16	17	18	19	20
	9 am – Body Strong 10:30 am – Mindful Monday 1 pm – First Flight 6 pm – Meditation	10 am – Computer Club 2:30 pm – Chair Yoga	9 am – Body Balance 2:30 – Spanish Group	10:30 am – MAC Group 1 pm – Brainstorm 2:30 pm – Chair Yoga		
21	22	23	24	25	26	27
	9 am – Body Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Computer Club 2:30 pm – Chair Yoga	9 am – Body Balance 10:30 – Spanish Group	10:30 am – DIA Talk 2:30 pm – Chair Yoga		
28	29	30	31			
	9 am – Body Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Computer Club 1 pm - Book Club 2:30 pm – Chair Yoga	9 am – Body Balance 2:30 pm – Managing Grief			

Information and links to register for these programs are available on the Homepage under Featured Virtual Programs - *Please register in advance!*