

55 & Better Programs - March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Information: 757-382-6411 	CCC = Camelot Community Center DCCC = Deep Creek Community Center	DCVCCC = Dr. Clarence V. Cuffee Community Center GBCC = Great Bridge Community Center	IRCC = Indian River Community Center SNCC = South Norfolk Community Center	WBCC = Western Branch Community Center (SIM = Seniors in Motion)
	 INFORMATION: 757-382-6411	1 SIM at RCCC, 9:30-10:30am Crochet, SNCC, 10am-12pm Open Pickle-Ball, IRCC, 1-3pm 757 Line Dancing, DCVCCC, 1:30-3pm	2 Paint 4 Fun, RCCC, 9am-12pm Open Pickle-Ball, WBCC, 9am-12pm SIM at IRCC, 9:30-10:30am Ceramics, Portlock Annex, 10am-12pm / 12:30-2:30pm Open Pickle-Ball, RCCC, 1-3pm Rockin' to the Oldies, WBCC, 6:30-8:30pm	3 SIM at DCCC, 9:30-10:30am
6 Open Pickle-Ball, DCCC, 10am-1pm 757 Line Dancing, DCVCCC, 12-1:30pm Tai Chi, GBCC, 1-2pm Soul Steppers at CCC, 6:30-8pm	7 SIM at GBCC, 9:30-10:30am Tai Chi, Lighthouse Pointe, 11am-12pm Jewelry Making, DCVCC, 12:30-2:30pm Open Pickle-Ball, WBCC, 1-3pm Open Pickle-Ball, RCCC, 1-3pm Peppy Steppers, WBCC, 5:45-8:40pm Leigheas Celtic Ensemble 10am SNCC	8 SIM at RCCC, 9:30-10:30am Crochet, SNCC, 10am-12pm Open Pickle-Ball, IRCC, 1-3pm 757 Line Dancing, DCVCCC, 1:30-3pm	9 Paint 4 Fun, RCCC, 9am-12pm Open Pickle-Ball, WBCC, 9am-12pm SIM at IRCC, 9:30-10:30am Ceramics, Portlock Annex, 10am-12pm / 12:30-2:30pm Open Pickle-Ball, RCCC, 1-3pm Rockin' to the Oldies, WBCC, 6:30-8:30pm	10 SIM at DCCC, 9:30-10:30am
13 Open Pickle-Ball, DCCC, 10am-1pm 757 Line Dancing, DCVCCC, 12-1:30pm Tai Chi, GBCC, 1-2pm Soul Steppers at CCC, 6:30-8pm	14 SIM at GBCC, 9:30-10:30am Tai Chi, Lighthouse Pointe, 11am-12pm Jewelry Making, DCVCC, 12:30-2:30pm Open Pickle-Ball, WBCC, 1-3pm Open Pickle-Ball, RCCC, 1-3pm Peppy Steppers, WBCC, 5:45-8:40pm	15 SIM at RCCC, 9:30-10:30am Crochet, SNCC, 10am-12pm Open Pickle-Ball, IRCC, 1-3pm 757 Line Dancing, DCVCCC, 1:30- 3pm	16 Paint 4 Fun, RCCC, 9am-12pm Open Pickle-Ball, WBCC, 9am-12pm SIM at IRCC, 9:30-10:30am Ceramics, Portlock Annex, 10am-12pm / 12:30-2:30pm Open Pickle-Ball, RCCC, 1-3pm Rockin' to the Oldies, WBCC, 6:30-8:30pm	17 SIM at DCCC, 9:30-10:30am
20 Open Pickle-Ball, DCCC, 10am-1pm 757 Line Dancing, DCVC, 12-1:30pm Tai Chi, GBCC, 1-2pm Soul Steppers at CCC, 6:30-8pm	21 SIM at GBCC, 9:30-10:30am Tai Chi, Lighthouse Pointe, 11am-12pm Jewelry Making, DCVCC, 12:30-2:30pm Open Pickle-Ball, WBCC, 1-3pm Open Pickle-Ball, RCCC, 1-3pm Peppy Steppers, WBCC, 5:45-8:40pm	22 SIM at RCCC, 9:30-10:30am Crochet, SNCC, 10am-12pm Open Pickle-Ball, IRCC, 1-3pm 757 Line Dancing, DCVCCC, 1:30- 3pm	23 Paint 4 Fun, RCCC, 9am-12pm Open Pickle-Ball, WBCC, 9am-12pm SIM at IRCC, 9:30-10:30am Ceramics, Portlock Annex, 10am-12pm / 12:30-2:30pm Open Pickle-Ball, RCCC, 1-3pm Rockin' to the Oldies, WBCC, 6:30-8:30pm	24 SIM at DCCC, 9:30-10:30am
27 Open Pickle-Ball, DCCC, 10am-1pm 757 Line Dancing, DCVC, 12-1:30pm Tai Chi, GBCC, 1-2pm Soul Steppers at CCC, 6:30-8pm	28 SIM at GBCC, 9:30-10:30am Tai Chi, Lighthouse Pointe, 11am-12pm Jewelry Making, DCVCC, 12:30-2:30pm Open Pickle-Ball, WBCC, 1-3pm Open Pickle-Ball, RCCC, 1-3pm Peppy Steppers, WBCC, 5:45-8:40pm	29 SIM at RCCC, 9:30-10:30am Crochet, SNCC, 10am-12pm Open Pickle-Ball, IRCC, 1-3pm 757 Line Dancing, DCVCCC, 1:30- 3pm	30 Paint 4 Fun, RCCC, 9am-12pm Open Pickle-Ball, WBCC, 9am-12pm SIM at IRCC, 9:30-10:30am Ceramics, Portlock Annex, 10am-12pm / 12:30-2:30pm Open Pickle-Ball, RCCC, 1-3pm Rockin' to the Oldies, WBCC, 6:30-8:30pm	31 SIM at DCCC, 9:30-10:30am Medicare Educational Workshop IRCC, 10-11am-FREE

55 & Better Programs - April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Open Pickle-Ball, DCCC, 10am-1pm 757 Line Dancing, DCVCCC, 12-1:30pm Tai Chi, GBCC, 1-2pm Soul Steppers Dancing at CCC, 6:30-8pm Medicare Educational Workshop, DCVCCC, 10:30-11:30am-FREE</p>	<p>4 SIM at GBCC, 9:30-10:30am Tai Chi, Lighthouse Pointe, 11am-12pm Jewelry Making, DCVCCC, 12:30-2:30pm Open Pickle-Ball, WBCC, 1-3pm Open Pickle-Ball, RCCC, 1-3pm Peppy Steppers, WBCC, 5:45-8:40pm</p>	<p>5 SIM at RCCC, 9:30-10:30am Crochet, SNCC, 10am-12pm Open Pickle-Ball, IRCC, 1-3pm 757 Line Dancing, DCVCCC 1:30-3pm</p>	<p>6 Paint 4 Fun, RCCC, 9am-12pm Open Pickle-Ball, WBCC, 9am-12pm SIM at IRCC, 9:30-10:30am Ceramics, Portlock Annex, 10am-12pm / 12:30-2:30pm Open Pickle-Ball, RCCC, 1-3pm Rockin' to the Oldies, WBCC, 6:30-8:30pm</p>	<p>7 SIM at DCCC, 9:30-10:30am</p>
<p>10 Open Pickle-Ball, DCCC, 10am-1pm 757 Line Dancing, DCVCCC, 12-1:30pm Tai Chi, GBCC, 1-2pm Soul Steppers Dancing at CCC, 6:30-8pm</p>	<p>11 SIM at GBCC, 9:30-10:30am Tai Chi, Lighthouse Pointe, 11am-12pm Jewelry Making, DCVCCC, 12:30-2:30pm Open Pickle-Ball, WBCC, 1-3pm Open Pickle-Ball, RCCC, 1-3pm Peppy Steppers, WBCC, 5:45-8:40pm</p>	<p>12 SIM at RCCC, 9:30-10:30am Crochet, SNCC, 10am-12pm Open Pickle-Ball, IRCC, 1-3pm 757 Line Dancing, DCVCCC 1:30-3pm</p>	<p>13 Paint 4 Fun, RCCC, 9am-12pm Open Pickle-Ball, WBCC, 9am-12pm SIM at IRCC, 9:30-10:30am Ceramics, Portlock Annex, 10am-12pm / 12:30-2:30pm Open Pickle-Ball, RCCC, 1-3pm Rockin' to the Oldies, WBCC, 6:30-8:30pm</p>	<p>14 SIM at DCCC, 9:30-10:30am</p> <p>15 50 + Chesapeake Games Opening Ceremony; 9 -11am; IRCC Join us for refreshments and give-a-ways!</p>
<p>17 Open Pickle-Ball, DCCC, 10am-1pm 757 Line Dancing, DCVCCC, 12-1:30pm Tai Chi, GBCC, 1-2pm Soul Steppers Dancing at CCC, 6:30-8pm</p>	<p>18 SIM at GBCC, 9:30-10:30am Tai Chi, Lighthouse Pointe, 11am-12pm Jewelry Making, DCVCCC, 12:30-2:30pm Open Pickle-Ball, WBCC, 1-3pm Open Pickle-Ball, RCCC, 1-3pm Peppy Steppers, WBCC, 5:45-8:40pm</p>	<p>19 SIM at RCCC, 9:30-10:30am Crochet, SNCC, 10am-12pm Open Pickle-Ball, IRCC, 1-3pm 757 Line Dancing, DCVCCC 1:30-3pm <u>38th Annual 50+ Chesapeake Games</u></p>	<p>20 Paint 4 Fun, RCCC, 9am-12pm Open Pickle-Ball, WBCC, 9am-12pm SIM at IRCC, 9:30-10:30am Ceramics, Portlock Annex, 10am-12pm / 12:30-2:30pm Open Pickle-Ball, RCCC, 1-3pm Rockin' to the Oldies, WBCC, 6:30-8:30pm</p>	<p>21 SIM at DCCC, 9:30-10:30am</p>
<p>24 Open Pickle-Ball, DCCC, 10am-1pm 757 Line Dancing, DCVCCC, 12-1:30pm Tai Chi, GBCC, 1-2pm Soul Steppers Dancing at CCC, 6:30-8pm</p>	<p>25 SIM at GBCC, 9:30-10:30am Tai Chi, Lighthouse Pointe, 11am-12pm Jewelry Making, DCVCCC, 12:30-2:30pm Open Pickle-Ball, WBCC, 1-3pm Open Pickle-Ball, RCCC, 1-3pm Peppy Steppers, WBCC, 5:45-8:40pm</p>	<p>26 SIM at RCCC, 9:30-10:30am Crochet, SNCC, 10am-12pm Open Pickle-Ball, IRCC, 1-3pm 757 Line Dancing, DCVCCC 1:30-3pm</p>	<p>27 Paint 4 Fun, RCCC, 9am-12pm Open Pickle-Ball, WBCC, 9am-12pm SIM at IRCC, 9:30-10:30am Ceramics, Portlock Annex, 10am-12pm / 12:30-2:30pm Open Pickle-Ball, RCCC, 1-3pm Rockin' to the Oldies, WBCC, 6:30-8:30pm</p>	<p>28 SIM at DCCC, 9:30-10:30am</p>
		<p>INFORMATION: 757-382-6411</p>		
<p>(SIM = Seniors In Motion)</p>	<p>CCC = Camelot Community Center DCCC = Deep Creek Community Center</p>	<p>DCVCCC = Dr. Clarence V Cuffee Comm. Center GBCC = Great Bridge Community Center</p>	<p>IRCC = Indian River Community Center RCCC = River Crest Community Center</p>	<p>SNCC = South Norfolk Community Center WBCC = Western Branch Community Center</p>