

March 2009
West Cumberland Senior Center, 2 Downing St. 455-1055

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>
<p>2 We have Wii Sports! Card Group Cardio and Pilates– 12:00-12:45 Message starting at 1:00</p>	<p>3 Art Class – 10:30 to 12:00 Knifty Knitters - 1:00</p>	<p>4“Downing Street Quilters” - 10:00 til? Cardio and Pilates– 12:00-12:45 Message starting at 1:00</p>	<p>5 50’s Karaoke Computer classes from 6-7pm!</p>
<p>9 We have Wii Sports! Morning Card Group Cardio and Pilates– 12:00-12:45 Message starting at 1:00</p>	<p>10 Art Class – 10:30 to 12:00 Knifty Knitters - 1:00 Research Group Meeting – 2:00 -4:00</p>	<p>11 Cardio and Pilates– 12:00-12:45 Message starting at 1:00</p>	<p>12 Violet and Friends – 4:00 Computer classes from 6-7pm!</p>
<p>16! We have Wii Sports! Card Group Cardio and Pilates– 12:00-12:45 Message starting at 1:00 D. Aptmt by 1:45</p>	<p>17 Art Class – 10:30 to 12:00 Knifty Knitters - 1:00</p>	<p>18“Downing Street Quilters” from 10:00 til? Cardio and Pilates– 12:00-12:45 Message starting at 1:00</p>	<p>19 50’s Karaoke Computer classes from 6-7pm!</p>
<p>23 Card Group Cardio-Pilates is cancelled for today/ class will resume next week. Tony Stanzione – CDC 7:00 pm</p>	<p>24 Art Class – 10:30 to 12:00 Knifty Knitters - 1:00</p>	<p>25 Cardio and Pilates– 12:00-12:45 Message starting at 1:00</p>	<p>26 50’s Karaoke – let’s hear what you’ve got! Computer classes from 6-7pm!</p>