

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**MARCH IS**  
**National Colorectal Cancer Awareness Month,**  
**National Kidney Month, and National Nutrition Month.**



**4**  
 10:30 am **Cardio and Strength** w/ Jona, 300 S. 2nd Ave., Mayodan  
 11:30 am **Line Dancing** w/ Jona, 300 S. 2nd Ave., Mayodan

**5**  
 No **Chair Dancing** this week!  
 1 pm **Gentle Yoga** w/ Andrea, 300 S. 2nd Ave., Mayodan  
 3 pm **Pickleball Strength and Skills** w/ Rhena, 102 N. Washington Ave., Reidsville

**6**  
 9 am **BOOM: Move It** w/Rhena, 102 N. Washington Ave., Reidsville  
 10:30 am **Cardio and Strength** w/ Jona, 300 S. 2nd Ave., Mayodan

**7**  
 9:45 am **Core Conditioning** w /Jona, 300 S. 2nd Ave., Mayodan  
 10 am **SilverSneakers Classic** w/ Rhena, 102 N. Washington Ave., Reidsville

**8**  
 9 am **BOOM: Muscle** w/ Rhena, 102 N. Washington Ave., Reidsville  
 10:30 am **Pickleball Open Play** w/ Rhena, 102 N. Washington Ave., Reidsville

**11**  
 10:30 am **Cardio and Strength** w/ Jona, 300 S. 2nd Ave., Mayodan  
 11:30 am **Line Dancing** w/ Jona, 300 S. 2nd Ave., Mayodan

**12**  
 10 am **Chair Dancing** w/ Savanna, Roy B. Culler Jr. Senior Center, 921 Eastchester Dr., Suite 1230, High Point\*  
 3 pm **Pickleball Strength and Skills** w/ Rhena, 102 N. Washington Ave., Reidsville

**13**  
 9 am **BOOM: Move It** w/ Rhena, 102 N. Washington Ave., Reidsville  
 10:30 am **Cardio and Strength** w/ Jona, 300 S. 2nd Ave., Mayodan

**14**  
 9:45 am **Core Conditioning** w /Jona, 300 S. 2nd Ave., Mayodan  
 10 am **SilverSneakers Classic** w/ Rhena, 102 N. Washington Ave., Reidsville

**15**  
 9 am **BOOM: Muscle** w/ Rhena, 102 N. Washington Ave., Reidsville  
 10:30 am **Pickleball Open Play** w/ Rhena, 102 N. Washington Ave., Reidsville

**18**  
 10:30 am **Cardio and Strength** w/ Jona, 300 S. 2nd Ave., Mayodan  
 11:30 am **Line Dancing** w/ Jona, 300 S. 2nd Ave., Mayodan

**19**  
 10 am **Chair Dancing** w/ Savanna, Roy B. Culler Jr. Senior Center, 921 Eastchester Dr., Suite 1230, High Point\*  
 11 am **Managing Parkinson's with Diet and Exercise** (Education Series) ) w/ Savanna, Roy B. Culler Jr. Senior Center, 921 Eastchester Dr., Suite 1230, High Point\*  
 3 pm **Pickleball Strength and Skills** w/ Rhena, 102 N. Washington Ave., Reidsville

**20**  
 9 am **BOOM: Move It** w/ Rhena, 102 N. Washington Ave., Reidsville  
 10:30 am **Cardio and Strength** w/ Jona, 300 S. 2nd Ave., Mayodan

**21**  
 9:45 am **Core Conditioning** w /Jona, 300 S. 2nd Ave., Mayodan  
 10 am **SilverSneakers Classic** w/ Rhena, 102 N. Washington Ave., Reidsville

**22**  
 9 am **BOOM: Muscle** w/ Rhena, 102 N. Washington Ave., Reidsville  
 10:30 am **Pickleball Open Play** w/ Rhena, 102 N. Washington Ave., Reidsville

**25**  
 10:30 am **Cardio and Strength** w/ Jona, 300 S. 2nd Ave., Mayodan  
 11:30 am **Line Dancing** w/ Jona, 300 S. 2nd Ave., Mayodan

**26**  
 10 am **Chair Dancing** w/ Savanna, Roy B. Culler Jr. Senior Center, 921 Eastchester Dr., Suite 1230, High Point\*  
 3 pm **Pickleball Strength and Skills** w/ Rhena, 102 N. Washington Ave., Reidsville

**27**  
 9 am **BOOM: Move It** w/ Rhena, 102 N. Washington Ave., Reidsville  
 10:30 am **Cardio and Strength** w/ Jona, 300 S. 2nd Ave., Mayodan

**28**  
 9:45 am **Core Conditioning** w /Jona, 300 S. 2nd Ave., Mayodan  
 10 am **SilverSneakers Classic** w/ Rhena, 102 N. Washington Ave., Reidsville  
 10 am **Health and Exercise for a Healthier You** w/ Savanna (Education Event), Women's Resource Center, 628 Summit Ave., Greensboro

**29**  
 9 am **BOOM: Muscle** w/ Rhena, 102 N. Washington Ave., Reidsville  
 10:30 am **Pickleball Open Play** w/ Rhena, 102 N. Washington Ave., Reidsville



## LIVING PLUS ONLINE



SCAN ME

### Follow us on social media!

Use your smartphone camera  
to scan this QR code  
for easy links to  
our Facebook and  
YouTube pages.



## Cooking Demo

New video coming soon to  
YouTube & Facebook

Join Savanna, our wellness  
coordinator, as she makes  
High Protein, High Fiber  
Banana Bread.



## MARCH CLASSES

We hope to see you at some of these classes in March!  
Please see page 1 for dates and locations.

### Groovy Feet Chair Dancing

Move and groove to music you know and love from different genres, decades, and cultures! Led by our wellness coordinator, Savanna. No dancing experience required. **To register, call 336-883-3584.**

### Managing and Preventing Parkinson's with Diet and Exercise

Learn about Parkinson's disease and how to best manage it through diet and exercise with our wellness coordinator, Savanna.



### Health and Exercise for a Healthier You

Join our wellness coordinator, Savanna, to learn how your health and wellness can be improved through a well-rounded diet and exercise program. **To register, call 336-373-4816.**

**Healthcare Concierge:**  
**888-965-1965 (TTY 711)**

8am-8pm | April 1-Sept. 30, Monday-Friday  
Oct. 1-March 31, 7 Days a Week

 **healthteam**  
advantage™