

# HILLS & DALES LIFETIME CENTER

## 3505 Stoneman Road, Dubuque, IA

### March 2019

### Activity Calendar

**CALL 556-3305 BEFORE 8 AM TO MAKE LUNCH RESERVATIONS**

#### **Mondays**

10:00 - 11:00am Senior Fitness Exercise Class  
11:30am Lunch  
12:00 - 3:00pm Open Canasta  
12:30 - 4:30pm ACBL Duplicate Bridge  
6:30 - 7:30pm Yoga

#### **Tuesdays**

10:30 - 11:30am Blood Pressure Screening by Paramount (March 5<sup>th</sup>)  
11:30am Lunch  
12:00pm Needlework Group  
12:15 - 3:30pm Dominoes  
12:15 - 3:00pm Open Bridge  
12:15 - 4:00pm Duplicate Bridge  
12:15 - 4:00pm Ladies Bridge (dining room)  
4:00 - 6:00pm Fiber Arts Group (Fourth Tuesday of the month)

#### **Wednesdays**

10:00 - 11:00am Senior Fitness Exercise Class  
11:30am Lunch  
12:15 - 4:00pm Open Euchre  
12:15 - 4:00pm Ladies Cards (1<sup>st</sup> & 3<sup>rd</sup> Wednesdays)  
12:15 - 4:00pm Ladies Bridge (1<sup>st</sup> & 3<sup>rd</sup> Wednesdays)

#### **Thursdays**

11:30am Lunch  
12:00 - 5:00pm Sit and Sew Club  
6:30 - 7:30pm Yoga

#### **Fridays**

10:00 - 11:00am Senior Fitness Exercise Class  
10:30 - 11:30am Blood Pressure Screening by Paramount (March 15<sup>th</sup>)  
11:30am Lunch  
12:00pm Birthday/Anniversary Party (March 29<sup>th</sup>) ☺