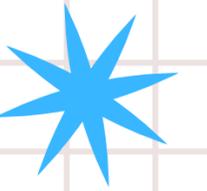


# WHAT'S HAPPENING?

## MARCH 2026



- MARCH 6** Randy Chang on the Piano - 12:00PM Longwood Room
- MARCH 7** FOOD BANK - 9:00AM - 12:00PM
- MARCH 9** Ida's Line Dance Tickets on Sale - 9:00AM
- MARCH 10** DINNER DANCE - 6:00PM East Wing Ballrooms
- MARCH 12** BIRTHDAY DAY!  
FREE ICE CREAM courtesy of Bryan Realty Group - 12:00PM Longwood Room  
Steppin' Seniors Perform - 12:00PM Longwood Room  
CHRISTIANA CARE MOBILE VAN - 11:30AM Outside Back Parking Lot
- MARCH 17** Randy Chang on the Piano - 12:00PM Longwood Room  
St. Patrick's Day Luncheon - 11:30am - 1:30pm Longwood Room
- MARCH 25** Soulsations Perform - 12:00PM
- MARCH 27** David Lowe Music - 12:00PM - 1:15PM Longwood Room

# PROGRAMS AT A GLANCE!

YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

## MONDAY

**Budget Bootcamp**  
10:15AM-11:15AM AR#1  
2<sup>nd</sup> & 4<sup>th</sup> Monday

## TUESDAY

**Bible Study**  
9:30AM-10:15AM AR #7

**Gospel Singing Workshop**  
10:00AM-10:45PM AR #3

**Train Club**  
11:30AM-1:30PM Longwood

**Visually Impaired Support Group**  
12:00PM-2:45PM AR #3  
3rd Tuesday each Month

**Hearing Loss Circle Chats**  
1:00PM-2:00PM AR #7  
1st Tuesday each Month

**Signs & Wonders**  
3:30PM-4:30PM AR #3

## WEDNESDAY

**Quilters**  
9:00AM-11:45AM AR #1

**Meditation**  
10:00AM-11:00AM AR# 8

**Massage Therapy \$\$**  
10:30AM-3:00PM AR #7  
By Appointment Only

**Bible Study**  
11:00AM-11:45AM AR #3

**Conversational Italian**  
11:00AM-12:00PM AR #  
Class Ends: May 13th

**Twisted Stitchers**  
12:00PM-2:45PM AR #1

**Bereavement Support**  
12:30PM-2:30PM AR #4  
2nd Wednesday of each Month

## THURSDAY

**Visually Impaired Support Group**  
10:00AM-11:45AM AR #3

**Book Club**  
12:00PM-1:00PM AR #1  
Last Thursday each Month

**Cell Phone & Computer Tutor \$\$**  
12:00PM-3:00PM AR #6  
By Appointment Only

## FRIDAY

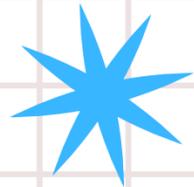
**Foot Doctor \$\$**  
8:30AM-12:00PM AR #6  
By Appointment Only

**P.U.S.H.**  
9:00AM-10:00AM  
West Conference Room

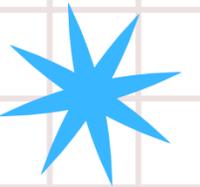
**Needlework**  
9:00AM-2:00PM AR #3

**Green Thumb Garden Club \$\$**  
9:30AM-11:30AM AR #1  
Class Ends: May 15th

**Pum Up Your Brain**  
1:00PM-2:15PM AR #1



# PALMER ROOM CLASSES



YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

## MONDAY

**Low Impact Aerobics**  
8:45AM - 9:45AM

**Beginner Line Dance**  
10:00AM - 10:45AM

**Couples Partner Dancing**  
11:00AM - 11:45AM

**Soulsations**  
12:30PM - 1:15PM

**Broadway Advanced**  
1:30PM - 3:15PM

## TUESDAY

**Get Up and Move**  
8:00AM - 8:45AM

**Dancing In Your Chair**  
9:00AM - 9:45AM

**Bingocize**  
10:00AM - 10:45AM

**Improver Line Dance**  
11:00AM - 11:45AM

**Contemporary Line Dance**  
12:00PM - 12:45PM

**Beginner Tai Chi  
with Donna \$\$**  
3:00PM - 4:00PM  
Wellness Center Class

## WEDNESDAY

**Beginner Line Dance**  
9:30AM - 10:45AM

**Soulsations**  
11:15AM - 12:00PM

**Ran's Tai Chi \$\$**  
1:30PM - 2:30PM  
Wellness Center Class

**Tai Chi with Donna \$\$**  
2:30PM - 3:30PM  
Wellness Center Class

## THURSDAY

**Intermediate Line Dance**  
9:00AM - 9:45AM

**Improver Line Dance**  
10:00AM - 11:15AM

**Contemporary Line Dance**  
11:30AM - 12:15PM

**Double Dutch Therapy**  
12:30PM - 2:45PM

**Intro to Theater**  
2:00PM - 3:15PM

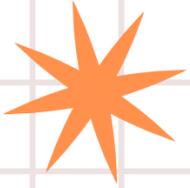
## FRIDAY

**Low Impact Aerobics**  
8:45AM - 9:45AM

**Dancing In Your Chair**  
10:15AM - 11:00AM

**Bingocize**  
11:15AM - 12:15PM

**Extreme Beginners  
Line Dance**  
1:00PM - 2:45PM



# GAME ON!



YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

## MONDAY

**Duplicate Bridge**  
9:30AM-2:00PM AR #4

**Scrabble**  
12:00PM-3:00PM AR #8

**Pinochle**  
12:00PM-5:00PM AR #8

**Rummikub**  
12:30PM-2:45PM AR #4

**Bid Whist**  
3:00PM-5:00PM AR #8

## TUESDAY

**Mahjong**  
11:30AM-2:45PM AR #4

**Chicken Foot**  
11:30AM-2:45PM AR #4

**Pinochle**  
12:00PM-5:00PM AR #8

**Bid Whist**  
3:00PM-5:00PM AR #8

## WEDNESDAY

**Scrabble**  
12:00PM-3:00PM AR #8

**Pinochle**  
12:00PM-5:00PM AR #8

**Dominoes**  
12:30PM-2:45PM AR #3

**Bid Whist**  
3:00PM-5:00PM AR #8

## THURSDAY

**Chess**  
9:00AM-11:45AM AR #4

**Bridge**  
12:00pm-2:45pm AR #3

**Mahjong**  
12:00PM-2:45PM AR #4

**Chicken Foot**  
12:00PM-2:45PM AR #4

**Pinochle**  
12:00PM-5:00PM AR #8

**Bid Whist**  
3:00PM-5:00PM AR #8

## FRIDAY

**Duplicate Bridge**  
10:30AM-2:45PM AR #4

**Chicken Foot**  
12:00PM-3:00PM AR #8

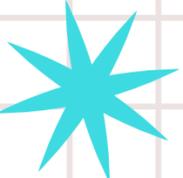
**Scrabble**  
12:00PM-3:00PM AR #8

**Pinochle**  
12:00PM-5:00PM AR #8

**Bid Whist**  
3:00PM-5:00PM AR #8



# MMC FITNESS & POOL CLASS SCHEDULE



YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

## MONDAY

**Aqua Mobility**  
with Mindy  
12:00PM - 1:00PM

## TUESDAY

**Early Risers**  
**Aqua Aerobics**  
7:30AM - 8:30AM

**Aqua Aerobics**  
with Betsy  
9:30AM - 10:30AM

**Aquacise**  
with Ray  
2:00PM - 3:00PM

## WEDNESDAY

**Aqua Mobility**  
with Mindy  
12:00PM - 1:00PM

## THURSDAY

**Aqua Aerobics**  
with Betsy  
11:15AM - 12:15P

**Aquacise**  
with Ray  
2:00PM - 3:00PM

## FRIDAY

**Aqua Aerobics**  
with Betsy  
9:30AM - 10:30AM

**Water Volleyball**  
2:00PM - 3:40PM

### How do you take an instructor-led Aqua Class?

1. You **MUST** register in the Fitness Center.
2. You **MUST** be a member of the MMC.
3. After you have registered, you will purchase a (Blue) Aqua Aerobics Punch Card for \$60 from Member Services.