


# March 2023 Program Calendar

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 12:30 Music with the Palmer Players	<b>2</b> 9:45 Nutrition Site Committee 10:30 Bingo 2:00 Virtual Tai Chi for Arthritis #	<b>3</b> 10:45 Omegas, Oh My!	<b>4</b>
<b>6</b> 10:00 Blood Pressure Checks with Cleveland University Motivation and Movement 12:15 Tech Talk and Pop Up Library 2:00 Virtual Tai Chi for Arthritis #	<b>7</b> 10:30 Bird Bingo with George Owens	<b>8 Trip Sign Up Day</b> 10:00 Coloring Your Way 12:30 Open Music Jam	<b>9</b> 10:30 Veteran's Café 12:00-1:00 Hands Only CPR 2:00 Virtual Tai Chi for Arthritis #	<b>10</b> 10:30 The Art in You 12:30 Project Linus Quilters	<b>11</b>
<b>13</b> 10:00 Activity with Cleveland University Motivation and Movement 2:00 Virtual Tai Chi for Arthritis #	<b>14</b> 12:15 Pie for Pi day	<b>15</b> 10:15 NTR Condo-Monium \$\$ 12:30 Music with the Palmer Players	<b>16</b> 12:30 White Elephant Bingo 2:00 Cover to Cover Book Club 2:00 Virtual Tai Chi for Arthritis #	<b>17</b> 10:30 St. Patrick's Day Party 12:15 Ice Cream Social	<b>18</b>
<b>20</b> 10:00 Activity with Cleveland University Motivation and Movement	<b>21</b> 9-3 Tax Prep Assistance # 9:30 VNA Blood Pressure Checks	<b>22</b> 9-3 Tax Prep Assistance 10:00 Coloring Your Way 12:30 Open Music Jam	<b>23</b> 10:30 5 A Day Bingo	<b>24</b> 10:45 Jeopardy Trivia	<b>25</b>
<b>27</b> 10:00 Activity with Cleveland University Motivation and Movement	<b>28</b> 10:30 Spring Craft	<b>29</b> 7:45 Sac & Fox Casino \$\$ 12:30 Music with the Palmer Players	<b>30</b> 10:30 Royal's Opening Day Rally 12:15 American Rhythm Performance	<b>31</b> 11:30 Birthday Lunch	
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB \$ 11:30 Lunch # 11:00-1:00 Open Line Dance \$3 12:30-2:30 Bare Bones Art	9:00-9:45 Stretch & Tone \$2 11:30 Lunch # 12:00-4:00 Intermediate Bridge TMB \$ 12:30 Pinochle 1:30 Zuma Gold TMB \$ <b>11:30- 1:00 Beginner Pickleball \$</b> <b>1:00 – 3:30 Open Play Pickleball \$</b> <b>3:30 – 5:00 Advanced Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 11:30 Lunch # 12:00-4:00 Woodcarving Club SC 1:45-2:30 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$2 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 12:30 Pinochle <b>11:30- 1:00 Beginner Pickleball \$</b> <b>1:00 – 3:30 Open Play Pickleball \$</b> <b>3:30 – 5:30 Advanced Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 11:00-1:00 Instructed Line Dance \$3 <b>1:15 – 4:45 Open Play Pickleball \$</b>	 <b>THE PALMER CENTER</b> INDEPENDENCE PARKS & RECREATION

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center

[www.ci.independence.mo.us/parksandrec/palmer](http://www.ci.independence.mo.us/parksandrec/palmer)