**GROUP EXERCISE OFFERINGS**

Chair Yoga on Tuesdays, 10-11 am  
*Cost: $20 per month  [5 sessions]*

Floor Yoga on Thursdays, 10-11 am  
*Cost: $15 per month  [4 sessions]*

Let go of stress and experience the peace that comes with gentle stretching and connecting with your breath. Any and all ability levels are welcome to experience chair and floor yoga. You’ll experience the healing, calming, and physical benefits that result from the practice of yoga. Bring your own mat or borrow one of ours.

Tai Chi Classic with Linda Gast  
Tuesdays, 11:15 am to 12 pm  
*Cost: $20 per month  [5 sessions]*

Practicing Tai Chi improves muscular strength, flexibility, fitness, and is even said to improve immunity, relieve pain, and improve the quality of life for many chronic health conditions. Open to beginners and the experienced. **Register early— only 15 spots available!**

Moves & Grooves Dance Fitness  
Tuesdays, 1:00 to 2:00 pm  
*Cost: $20 per month*

Come and get your groove on for this dance-based class designed for the active older adult. Featuring easy, low-impact movements incorporating dance steps that everyone can do and music from every decade, this class will have you movin’ and groovin’ in no time! Classes are primarily designed for standing movements with modifications offered for participating while seated in a chair. Instructed by Katrina Ladwig.

Strength, Balance & Flexibility  
Tuesdays, 12:15 to 1:00 pm  
*Cost: Free!*

This chair exercise class is designed to develop basic strength, balance, and flexibility for beginners. It is a great starting point for those who have been inactive for a long period of time, and/or those who would like to progress into one of our other movement classes (balance, dance, yoga, tai chi).

Balance with a Beat  
Thursdays, 1 to 2 pm  
*Cost: Free!*

This class features easy, rhythmic movements set to music, designed to improve balance and flexibility. All movements are performed while seated in a chair, or standing behind the chair for support. Geared toward the older adult who wants to maintain or improve balance and flexibility, participants will clap their hands, stomp their feet, and generally kick up some fun as they move and groove to music from the ’50’s to today’s popular tunes! Instructed by Katrina Ladwig.

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**Paid classes may be cancelled if registration requirements are not met by March 6th. After 3/6, yoga and dance classes are offered at a $6 drop-in rate.**

Chair Yoga= $15  Tai Chi Classic= $15  
Moves & Grooves= $15  Floor Yoga= $15
**SOCIAL INTEREST GROUPS**

**Euchre Club**—Every Tuesday, 1:30 to 3:00 pm  
Enjoy an afternoon playing euchre with other members. Come alone or bring a friend. Players are welcome to bring snacks to share with the group.

**Ping-Pong** - Every Tuesday, 1:45 to 3:00 pm  
We have paddles, but feel free to bring your own. Come alone or bring a friend! 🎳

**SING FOR JOY!**—Every Wednesday, 3-4:30 pm  
This dementia-friendly community choir is designed for the interests and abilities of seniors. All are welcome! Singers living with dementia are welcome to attend with a care partner. Songs Circles will be taking place throughout the month of March. Dates are as follows: March 4, 11, and 18.

**Mahjong**—Every Thursday, 12 to 3pm  
Mahjong is a Chinese tile-based game developed during the Qing Dynasty that has spread throughout the world since the early 20th century. Similar to the card game Rummy, Mahjong is a game of skill, strategy, calculation, and luck. New players and experienced players are welcome.

**SPECIAL PROGRAMS & LECTURES**

**Beginning Watercolor Painting**  
March 3rd and 24th, 1-3 pm  
Cost: $10 for one session; $15 for two sessions.  
Learn about using different techniques to paint the way you want to paint. There will be sharing and positive critiques each session. There are no mistakes! We will learn and practice new skills each session. Instructed by Leslie Asher. Please register by as there are limited spaces available.

**Bolleyball (similar to volleyball)**  
March 5th and 26th, 12:15-1pm  
Come join us immediately following Thursday’s balance class! Players can sit or stand for this low net game. All levels are welcome to join in for some non-competitive fun, exercise, and social time.

**Medicare Bingo**  
March 5th, 2-3 pm  
Learn about Medicare, how to save money, what’s new for 2020, and more while playing Medicare Bingo! Prizes will be awarded! If you are on Medicare, will soon be, or know someone who is, this is a great way to learn about the benefits. Everyone is welcome. Sponsored by State Health Insurance Assistance Programs (SHIP) in conjunction with Area 10 Agency on Aging. *Register by March 3rd.*

**Potluck & Games**  
March 10th, 1 to 3 pm  
Join us for our monthly pitch-in. We’ll supply the main dishes and coffee so feel free to bring in your favorite sides, drinks and sweets. This month’s potluck will include door prizes, raffles, and bingo! 
*Stop by the reception desk to add your name and dish by March 5th.*

**Endwright East Book Club**  
March 10th, 2 -3 pm  
Are you an avid reader who wants to share and discuss your favorite titles? Join our new book club! This month’s discussion will surround the *American Tune* authored by Barbara Shoup, an IU alumna and current executive director of the Indiana Writers Center. Drop in to join.

**End of Life Planning & Advance Directives**  
March 12th, 12 to 1 pm  
Learn tips for end of life planning & the ins and outs of advance directives from Attorneys Paige Freitag & Erin Martoglio of Freitag & Martoglio, LLC. *Register by March 10.*

**Understanding Alzheimer’s and Dementia**  
March 12th, 2 to 3 pm  
In the United States alone, more than 5 million individuals are living with Alzheimer’s and 16 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community. However, no one has to face this disease alone or without information. The Alzheimer’s Association® has created an education program covering the basics of Alzheimer’s and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed. Facilitated by Reilly Huelsmann of the Alzheimer’s Association. *Register by March 10.*

**Craft Hours**  
March 17th and 31st, 1:30-3 pm  
Come hang out and make spring and St. Patrick’s Day themed crafts with our interns and other members. We have lots of supplies, but you’re welcome to bring your own. Bring a friend!
TechHeroes Bloomington Information Session
March 17th, 2-3 pm  Cost: free
Learn more about TechHeroes and how this technology support program can be helpful to you as you navigate the ever-changing digital world. Future sessions will be on selected Wednesdays at the Monroe County Public Library. Created by Jenny Donegan with the mission to bridge the digital divide and help seniors with the world of technology. Sponsored by City of Bloomington Commission on Aging. Register by March 12th.

Instant-Pot Cooking
March 19th, 12 to 1 pm
Come and learn tips on cooking with this popular new cooking gadget, receive easy recipes, and how to maintain safety while using it. Sponsored by Purdue Extension and facilitated by Courtney Stewart. Register by March 17.

Laughter Yoga
March 19th, 2-3 pm
Do you feel stressed out? Now more than ever we need positive coping skills to help ourselves and others on this life journey. Join Heather Kinderthain from Jill's House Memory Care as she leads the group through therapeutic laughter exercises that are sure to improve your health and wellbeing. Join us every 3rd Thursday! Register by March 17th.

Become a Dementia Friend!
March 25th, 3-4 pm
Attend this session for a brief, but impactful way of learning about dementia, understanding and appreciating the perspective of someone living with dementia, and how to better communicate with those living with the disease and their family caregivers. Register by calling the main Endwright Center at 812-876-3383 xt. 515.

Know the 10 Warning Signs:
March 26, 2 to 3 pm
Alzheimer’s and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer’s Association® developed the new 10 Warning Signs of Alzheimer’s education program to help people recognize signs of the disease and know what to watch for in themselves and others. Facilitated by Reily Huelsmann of the Alzheimer’s Association. Register by March 24.

Endwright East Active Living Community Center is a facility that provides shared spaces which allow us to offer a variety of programs, ranging from painting to exercising in a group. Our schedule of classes is coordinated to minimize distractions and to maximize each member’s experience with our programs. However, there will be times where several classes may overlap. In those events, we ask everyone to please be considerate of other programs and classes that may be taking place.

Space Considerations

Endwright East Active Living Community Center is a program of Area 10 Agency on Aging, a partnership with the City of Bloomington Parks & Recreation Department, and in collaboration with IU Health Bloomington Alzheimer’s Resource Services.

Indiana University Health

City of Bloomington Parks and Recreation

Area 10 Agency on Aging
<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>3</strong> 10 - 11 am Chair Yoga</td>
<td><strong>4</strong></td>
<td><strong>5</strong> 10 - 11 am Floor Yoga</td>
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<tr>
<td>11:15 am - 12pm Tai Chi Classic</td>
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<td>1 - 2:30pm Ping-Pong (before Bingo starts)</td>
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<td>1- 2pm Balance w/ a Beat</td>
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<td>2 - 3 Understanding Alz. &amp; Dementia</td>
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<td>12-1 End of Life Planning</td>
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<td><strong>31</strong> 10 - 11 am Chair Yoga</td>
<td><strong>Endwright East Calendar</strong></td>
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<td>11:15 am - 12pm Tai Chi Classic</td>
<td><strong>March 2020</strong></td>
<td>Hours: Tuesdays &amp; Thursdays</td>
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<td>12:15 - 1pm Strength, Balance, &amp; Flexibility</td>
<td>Red: One Time Offering</td>
<td>10 am to 3 pm</td>
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<td>Blue: Monthly Offering</td>
<td>Special Wednesday hours for</td>
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Endwright East Calendar

March 2020

Red: One Time Offerings
Blue: Monthly Offering