

March 2021

Key: L = Live at W&W; V = Virtual; C = Phone

Monday Tuesday Wednesday Thursday Friday Saturday

<p>1</p> <ul style="list-style-type: none"> LVC Meditation • 9:30 am LVC Chair Yoga • 11:00 am LVC Tai Chi for Better Balance • 1:00 pm LVC Hearing Loss Discussion Group • 2:00 pm 	<p>2</p> <ul style="list-style-type: none"> LVC The Crew – Men’s Group • 10:00 am LVC Healthy Aging Series • 10:30 am LVC MELT Movement • 11:00 am LVC Core on the Floor • 12:00 pm LVC Supermarket Smarts • 2:00 pm LVC Artist Trading Cards • 3:00 pm 	<p>3</p> <ul style="list-style-type: none"> LVC Vinyasa Yoga • 10:00 am LVC Art in Action • 11:00 am LVC Wellness Talk Series • 1:00 pm LVC Aspirin 101 • 2:30 pm LVC Mosaic Basics • 4:00 pm 		<p>4</p> <ul style="list-style-type: none"> LVC Creative Studios • 10:00 am LVC Balance & Easy Movement • 10:00 am LVC QiGong • 11:30 am LVC Painting as Exploration • 1:30 pm LVC Guided Imagery • 2:30 pm LVC Weekly Unwind • 4:30 pm 	<p>5</p> <ul style="list-style-type: none"> LVC AgeSTRONG • 10:00 am LVC Mixed Media • 10:00 am LVC Beginner Line Dance • 12:30 pm LVC Jewelry Making • 1:30 pm LVC Creativity Challenges • 2:00 pm 	<p>6</p> <ul style="list-style-type: none"> LVC Printmaking at Home • 10:00 am
<p>8</p> <ul style="list-style-type: none"> LVC Meditation • 9:30 am LVC A Deeper Look – Art Discussion Series • 11:00 am LVC Chair Yoga • 11:00 am LVC Maryland Women in the Hall of Fame • 1:00 pm LVC Finding Your Ancestors • 2:00 pm 	<p>9</p> <ul style="list-style-type: none"> LVC Healthy Aging Series • 10:30 am LVC MELT Movement • 11:00 am LVC Core on the Floor • 12:00 pm LVC Brain Blast Challenge • 1:00 pm LVC Artist Trading Cards • 3:00 pm 	<p>10</p> <ul style="list-style-type: none"> LVC Vinyasa Yoga • 10:00 am LVC Art in Action • 11:00 am LVC Joy Wellness Nutrition Demonstrations • 1:00 pm LVC Roland Park Pratt Library Tech • 2:00 pm LVC Somatic Movement • 3:00 pm 		<p>11</p> <ul style="list-style-type: none"> LVC Creative Studios • 10:00 am LVC Balance & Easy Movement • 10:00 am LVC QiGong • 11:30 am LVC Painting as Exploration • 1:30 pm LVC Coffee Chat • 2:00 pm LVC Weekly Unwind • 4:30 pm 	<p>12</p> <ul style="list-style-type: none"> LVC AgeSTRONG • 10:00 am LVC Mixed Media • 10:00 am LVC Beginner Line Dance • 12:30 pm LVC Jewelry Making • 1:30 pm LVC Writing for Wellness • 2:00 pm LVC Art Reception • 4:30 pm 	<p>13</p> <ul style="list-style-type: none"> LVC Printmaking at Home • 10:00 am
<p>15</p> <ul style="list-style-type: none"> LVC Meditation • 9:30 am LVC A Deeper Look – Art Discussion Series • 11:00 am LVC Chair Yoga • 11:00 am LVC Tai Chi for Better Balance • 1:00 pm LVC Creativity Challenges • 2:00 pm 	<p>16</p> <ul style="list-style-type: none"> LVC The Crew – Men’s Group • 10:00 am LVC Healthy Aging Series • 10:30 am LVC MELT Movement • 11:00 am LVC Core on the Floor • 12:00 pm LVC Service Coordination • 2:00 pm LVC Artist Trading Cards • 3:00 pm LVC Powerful Tools for Care Partners • 3:00 pm 	<p>17</p> <ul style="list-style-type: none"> LVC W&W Demo Day • 10:00 am 		<p>18</p> <ul style="list-style-type: none"> LVC Balance & Easy Movement • 10:00 am LVC QiGong • 11:30 am LVC Guided Imagery • 12:30 pm LVC Wellness Talk Series • 2:00 pm LVC Weekly Unwind • 4:30 pm 	<p>19</p> <ul style="list-style-type: none"> LVC AgeSTRONG • 10:00 am LVC Bingo • 11:00 am LVC Beginner Line Dance • 12:30 pm LVC Laughter Yoga • 2:00 pm 	<p>20</p> <ul style="list-style-type: none"> LVC Printmaking at Home • 10:00 am
<p>22</p> <ul style="list-style-type: none"> LVC Meditation • 9:30 am LVC Chair Yoga • 11:00 am LVC Tai Chi for Better Balance • 1:00 pm LVC The History of Shopping Through the Sears Catalog • 2:00 pm 	<p>23</p> <ul style="list-style-type: none"> LVC Healthy Aging Series • 10:30 am LVC MELT Movement • 11:00 am LVC Core on the Floor • 12:00 pm LVC Soap, Suds and Flower Buds • 1:00 pm LVC Artist Trading Cards • 3:00 pm LVC Powerful Tools for Care Partners • 3:00 pm 	<p>24</p> <ul style="list-style-type: none"> LVC Vinyasa Yoga • 10:00 am LVC Art in Action • 11:00 am LVC Joy Wellness Nutrition Demonstrations • 1:00 pm LVC Financial Planning for Your Future • 2:00 pm LVC Somatic Movement • 3:00 pm 		<p>25</p> <ul style="list-style-type: none"> LVC Creative Studios • 10:00 am LVC Balance & Easy Movement • 10:00 am LVC QiGong • 11:30 am LVC Painting as Exploration • 1:30 pm LVC Your Best Life • 2:00 pm LVC Weekly Unwind • 4:30 pm LVC Artist Talk • 6:00 pm 	<p>26</p> <ul style="list-style-type: none"> LVC AgeSTRONG • 10:00 am LVC Mixed Media • 10:00 am LVC Beginner Line Dance • 12:30 pm LVC Jewelry Making • 1:30 pm LVC Coffee Chat • 2:30 pm 	<p>27</p> <ul style="list-style-type: none"> LVC Printmaking at Home • 10:00 am
<p>29</p> <ul style="list-style-type: none"> LVC Meditation • 9:30 am LVC A Deeper Look – Art Discussion Series • 11:00 am LVC Chair Yoga • 11:00 am LVC Kidney Disease and the Covid-19 Vaccine • 1:00 pm LVC Tai Chi for Better Balance • 1:00 pm 	<p>30</p> <ul style="list-style-type: none"> LVC The Crew – Men’s Group • 10:00 am LVC Healthy Aging Series • 10:30 am LVC MELT Movement • 11:00 am LVC Core on the Floor • 12:00 pm LVC Soap, Suds and Flower Buds • 1:00 pm LVC Artist Trading Cards • 3:00 pm LVC Powerful Tools for Care Partners • 3:00 pm 	<p>31</p> <ul style="list-style-type: none"> LVC Vinyasa Yoga • 10:00 am LVC Art in Action • 11:00 am LVC Brain Blast Challenge • 2:00 pm LVC ART RIGHT NOW! – Artist Talk Series • 4:00 pm 		<p>1</p>	<p>2</p>	<p>3</p>