A Retirement Housing Foundation® Community

The Flight / Angelus Plaza Senior Activity Center

MARCH 2021

All Activities Are Subject to Change.













SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY SATURDAY
ACTIVITIES CALENDAR					
	Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Move w/Music 9:00 - 9:40 a.m. 10:00 - 10:40 a.m.	Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Move w/Music 9:00 - 9:40 a.m. 10:00 - 10:40 a.m.	5
7	Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Move w/Music 9:00 - 9:40 a.m. 10:00 - 10:40 a.m. 12:00 p.m. Food Bank Distribution	Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Move w/Music 9:00 - 9:40 a.m. 10:00 - 10:40 a.m.	12 13
Daylight Savings Time Begins	Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Move w/Music 9:00 - 9:40 a.m. 10:00 - 10:40 a.m.	St. Patricks' Day Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Move w/Music 9:00 - 9:40 a.m. 10:00 - 10:40 a.m.	19 Spring 20 Regins Hellos Spring
21	Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Move w/Music 9:00 - 9:40 a.m. 10:00 - 10:40 a.m.	Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Move w/Music 9:00 - 9:40 a.m. 10:00 - 10:40 a.m.	Passover (begins at sundown)
28 Palm Sunday	Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Move w/Music 9:00 - 9:40 a.m. 10:00 - 10:40 a.m.	Zumba Gold 9:00 - 9:30 a.m. 9:45 - 10:15 a.m.	Reminder: Please wear FACIAL MASKS and keep 6 ft social distance when you are outdoors.	ALL EXERCISE CLASSES ARE OUTDOOR, AT THE PROMENADE. ALL CLASSES ARE OPEN TO THE RESIDENTS OF THE ANGELUS PLAZA ONLY CLASSES ARE LIMITED to 20 people only.