









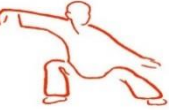


March 2020 – Lincoln Court Center

Front Desk Phone: (510) 336-0100 A: Activity Room B: Computer Room

Monday	Tuesday	Wednesday	Thursday	Friday
2) 9:00AM – 10:00AM Tai Chi	3) 9:00AM – 10:00AM Tai Chi	4) 9:00AM – 10:00AM Tai Chi	5) 9:00AM – 10:00AM Tai Chi Produce 11:00AM – 3:30PM	6) 9:00AM – 10:00AM Tai Chi
9) 9:00 – 10:00am Tai Chi (A) 1:15pm-2:30pm Move it or Lose it w/Burrel 	10) 9:00AM – 10:00AM Tai Chi (A) 11:00AM – 2:00PM Social Hour	11) 9:00AM – 10:00AM Tai Chi (A) 	12) 9:00AM – 10:00AM Tai Chi (A) 1:15PM – 2:15PM Line Dancing Flea Market 11:00AM – 1:00PM 	13) 9:00AM – 10:00AM Tai Chi (A)
16) 9:00AM – 10:00AM Tai Chi (A) Move it or Lose it w/Burrel 1:15 – 2:30PM	17) 9:00AM – 10:00AM Tai Chi (A) 11:00AM – 2:00PM Social Hour Happy St. Patrick's Day 	18) 9:00AM – 10:00AM Tai Chi (A) 	19) 9:00AM – 10:00AM Tai Chi (A) 1:15PM – 2:15PM Line Dancing Produce 11:00AM – 3:30PM	20) 9:00AM – 10:00AM Tai Chi (A)
23) 9:00AM – 10:00AM Tai Chi (A) Move it or Lose it w/Burrel 1:15PM – 2:30PM	24) 9:00AM – 10:00AM Tai Chi (A) 11:00AM – 2:00PM Social Hour	25) 9:00AM – 10:00AM Tai Chi (A)	26) 9:00AM – 10:00AM Tai Chi (A) 1:15PM – 2:15PM Line Dancing	27) 9:00AM – 10:00AM Tai Chi (A) 
30) 9:00AM – 10:00AM Tai Chi (A) Move it or Lose it w/Burrel 1:15PM – 2:30PM	31) 9:00AM – 10:00AM Tai Chi (A) 11:00AM – 2:00PM Social Hour		March 8, 2020 Daylight Savings Time Begins SPRING BEGINS Spring Forward/Fall Back	

三月 2020 – 林肯大廈 前臺電話: (510) 336-0100 (課室: A – 活動室; B – 電腦室)

星期一	星期二	星期三	星期四	星期五
2) 9:00AM – 10:00AM 太極(A)	3) 9:00AM – 10:00AM 太極(A)	4) 9:00AM – 10:00AM 太極(A)	5) 9:00AM – 10:00AM 太極(A) 食物派送 11:00AM – 3:30PM	6) 9:00AM – 10:00AM 太極(A)
9) 9:00 – 10:00am 太極(A) 1:15pm-2:30pm 與 Burrell 散步 	10) 9:00AM – 10:00AM 太極(A) 11:00AM – 2:00PM 社交時間(A)	11) 9:00AM – 10:00AM 太極(A) 	12) 9:00AM – 10:00AM 太極(A) 1:15PM – 2:15PM 排舞 (A) 跳蚤市场 11:00AM – 1:00PM 	13) 9:00AM – 10:00AM 太極(A)
16) 9:00AM – 10:00AM 太極(A) 與 Burrell 散步 1:15 -2:30PM	17) 9:00AM – 10:00AM 太極(A) 11:00AM – 2:00PM 排舞 (A) 圣帕特里克节快乐 	18) 9:00AM – 10:00AM 太極(A) 	19) 9:00AM – 10:00AM 太極(A) 1:15PM – 2:15PM 排舞 (A) 食物派送 11:00AM – 3:30PM	20) 9:00AM – 10:00AM 太極(A)
23) 9:00AM – 10:00AM 太極(A) 與 Burrell 散步 1:15PM – 2:30PM	24) 9:00AM – 10:00AM 太極(A) 11:00AM – 2:00PM 社交時間(A)	25) 9:00AM – 10:00AM 太極(A)	26) 9:00AM – 10:00AM 太極(A) 1:15PM – 2:15PM 排舞 (A)	27) 9:00AM – 10:00AM 太極(A) 
30) 9:00AM – 10:00AM 太極(A) 與 Burrell 散步 1:15PM - 2:30PM	31) 9:00AM – 10:00AM 太極(A) 11:00AM – 2:00PM 社交時間(A)		三月八日, 2020 夏令时开始 时间向前调一小时	