

MARCH NBU CALENDAR OF EVENTS

01 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bilingual Bingo Warner Park

03 SUNDAY

10:00 Corte y Cinfccion Art Lit Lab

04 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 Yoga Suave Zoom
 2:00 Bunco Warner Park

05 TUESDAY

11:00 ESL Good Shepherd
 11:30 Tuesday Spark! Warner Park
 1:00 Euchre Warner Park
 1:00 Get Movin' UW South
 1:00 Spirit & Strength Zoom
 1:00 Foot Clinic Lakeview Church
 2:00 Sassy Steppers Warner Park

06 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:00 Book Club Warner Park
 10:15 Mindful Movement Zoom
 1:00 Cards/Games Warner Park
 1:00 Ping Pong Warner Park
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

07 THURSDAY

9:00 Sewing Club Warner Park
 9:30 Foot Clinic Lake Edge
 10:00 Corte y Cinfccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 1:00 Mah Jong Warner Park
 1:00 Get Movin' UW South
 2:00 Cafeteria Zoom
 315 Choche en Línea Zoom
 4:00 Wellness Warriors Zoom

08 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park
 12:30 Celebracion Warner Park

10 SUNDAY

10:00 Corte y Cinfccion Art Lit Lab

11 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:00 Foot Clinic Goodman
 10:15 Yoga Suave Zoom
 2:00 Bunco Warner Park

12 TUESDAY

9:30 Foot Clinic Monona United
 11:00 ESL Good Shepherd
 1:00 Euchre Warner Park
 1:00 Get Movin' UW South
 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park

13 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Cards/Games Warner Park
 1:00 Ping Pong Warner Park
 1:00 Card Making Warner Park
 1:00 Game Day Warner Park
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

14 THURSDAY

10:00 Corte y Cinfccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 1:00 Mah Jong Warner Park
 1:00 Get Movin' UW South
 2:00 Cafeteria Zoom
 315 Choche en Línea Zoom
 4:00 Wellness Warriors Zoom

15 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park
 10:45 Bilingual Bingo Good Shepherd

17 SUNDAY

10:00 Corte y Cinfccion Art Lit Lab

18 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 Yoga Suave Zoom
 2:00 Bunco Warner Park

19 TUESDAY

9:30 Foot Clinic Monona United
 11:00 ESL Good Shepherd
 1:00 Euchre Warner Park
 1:00 Get Movin' UW South
 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park

20 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Cards/Games Warner Park
 1:00 Ping Pong Warner Park
 1:00 Tech Masters Labor Temple
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

21 THURSDAY

9:00 Sewing Club Warner Park
 9:30 Foot Clinic Lake Edge
 10:00 Corte y Cinfccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 11:45 Trivia Day Warner Park
 1:00 Get Movin' UW South
 1:00 Mah Jong Warner Park
 2:00 Cafeteria Zoom
 315 Choche en Línea Zoom
 4:00 Wellness Warriors Zoom

MARCH NBU CALENDAR OF EVENTS

22 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park

24 SUNDAY

10:00 Corte y Cinfccion Art Lit Lab

25 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 Yoga Suave Zoom
 1:00 Cooking 101 FEED Kitchens
 2:00 Bunco Warner Park

26 TUESDAY

9:00 Foot Clinic Good Shepherd
 9:30 Foot Clinic Monona United
 11:00 ESL Good Shepherd
 1:00 Euchre Warner Park
 1:00 Get Movin' UW South
 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park

27 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Cards/Games Warner Park
 1:00 Ping Pong Warner Park
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

28 THURSDAY

9:00 Foot Clinic Warner Park
 10:00 Corte y Cinfccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 1:00 Mah Jong Warner Park
 1:00 Get Movin' UW South
 2:00 Cafeteria Zoom
 3:15 Choche en Línea Zoom
 4:00 Wellness Warriors Zoom

29 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 2:00 Movie+Discussion Warner Park



Programs focus on our Black older adults.



Programs focus on our Hispanic older adults and offered in Spanish only.



PROGRAM LOCATIONS:

Arts + Literature Laboratory
 111 S. Livingston Street

FEED Kitchens
 1219 Sherman Avenue

Good Shepherd Lutheran Church
 5701 Raymond Road

Goodman Community Center
 149 Waubesa Street

Lake Edge Lutheran Church
 4032 Monona Drive

Lakeview Library
 2845 N. Sherman Avenue

Lakeview Lutheran Church
 4001 Mandrake Road

Madison Labor Temple
 1602 S. Park Street

Meadowridge Commons
 5734 Raymond Road

Monona United Methodist Church
 606 Nichols Road, Monona

Warner Park Community Recreation Center
 1625 Northport Drive

UW South Madison Partnership
 2238 S. Park Street