



Panama City Beach Senior Center

March 2011


BUILDING "B" OATFIELD BUILDING
(850) 233-5065

Hours: 9 am – 3 pm M-F
Website: pcbsc.com

BUILDING "C" CYPRESS HOUSE
(850) 236-3038

MEMBERSHIP IS REQUIRED FOR WEEKLY PARTICIPATION IN THESE PROGRAMS



SUN	MON	TUES	WED	THURS	FRI	SAT
		1 H -8:30 am Member Golf Day C- 9 am AARP Driver Safety Program MUST PRE REGISTER B- 9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 10 am Yoga O- 11am Bocce B- 1 pm Open Art Studio B- 12:30 pm Pinochle DD B- 1:30 pm Art Workshop- Jerry Baum MUST PRE REGISTER B- 3 pm Sara's Ballroom Dance Workshop B- 6:30 pm Dominoes B- 6:30 pm Pool Group	2 B- 9 am Rotary Woodcarving C- 9 am AARP Driver Safety Program MUST PRE REGISTER B- 9 am "The Coffee Shoppe" B- 9:30 am Beginners + Social Bridge B- 12:30 pm Stained Glass B- 1 pm Canasta-Cards *ZUMBA 1:30 PM- CARDROOM B- 6:30 pm Bid Euchre B- 6:30 pm Men's Night Out – Play Pool	3 H -8:30 am Member Golf Day B-9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 10 am Yoga O- 11am Bocce B- 11am Paula's Line Dance B- 12:30 pm Genealogy B- 12:30 pm Cribbage B- 12:30 pm Mahjongg	4 B- 8 am Chair Exercise B- 9 am Yoga C- 9 am Spanish Conversation B-9:30 am Paper Crafting B-10 am Member Zumba B-10:00 am Strength & Exercise B-12:30 pm Pinochle Single Deck	5
6 B- 1:30 pm "65+5" Cards	7 B- 8 am Chair Exercise B- 9 am Yoga C- 9 am Spanish Conversation B- 9 am Rotary Woodcarving B- 10 am Strength & Exercise B- 12:30 pm Mahjongg B- Noon Painting Partners *ZUMBA 1:30 PM- CARDROOM B- 6:30 pm Monday Darts	8 H -8:30 am Member Golf Day B- 9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 10 am Yoga O- 11am Bocce B- 1 pm Open Art Studio B- 12:30 pm Pinochle DD B- 1:30 pm Art Workshop- Adriana Saba MUST PRE REGISTER B- 3 pm Sara's Ballroom Dance Workshop B- 6:30 pm Dominoes B- 6:30 pm Pool Group	9 B- 9 am Rotary Woodcarving B- 9 am "The Coffee Shoppe" B- 9:30 am Beginners + Social Bridge B- 12:30 pm Stained Glass B- 1 pm Canasta-Cards *ZUMBA 1:30 PM- CARDROOM B- 6:30 pm Bid Euchre B- 6:30 pm Men's Night Out – Play Pool	10 H -8:30 am Member Golf Day B-9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 10 am Yoga O- 11am Bocce B- 11am Paula's Line Dance B- 12:30 pm Genealogy B- 12:30 pm Cribbage B- 12:30 pm Mahjongg B- 6:30 pm BUNKO \$5.	11 B- 8 am Chair Exercise B- 9 am Yoga C- 9 am Spanish Conversation B-9:30 am Paper Crafting B-10 am Member Zumba B-10:00 am Strength & Exercise B-12:30 pm Pinochle Single Deck	12 B- 10 am – Threads That Bind Sewing Group St. Patrick's Day Dance Lyndell Bldg 7-11 pm 
13 B- 1:30 pm "65+5" Cards	14 B- 8 am Chair Exercise B- 9 am Yoga C- 9 am Spanish Conversation B- 9 am Rotary Woodcarving B- 10 am Strength & Exercise B- 11:30 am Health Lunch B- 1 pm Painting Partners B- 12:30 pm Mahjongg *ZUMBA 1:30 PM- CARDROOM B- 6:30 pm Monday Darts	15 H -8:30 am Member Golf Day B- 9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 10 am Yoga O- 11am Bocce B- 12:30 pm Pinochle DD B- 1 pm Open Art Studio B- 1:30 pm Art Workshop- Heather Parker MUST PRE REGISTER B- 3 pm Sara's Ballroom Dance Workshop B- 6:30 pm Dominoes B- 6:30 pm Pool Group	16 B- 9 am Rotary Woodcarving B- 9 am "The Coffee Shoppe" C- 9:30 am Foundation Board Meeting B- 9:30 Beginners + Social Bridge B- 11:30am Potluck - Speaker TBA B- 12:30 pm Stained Glass B- 1 pm Canasta-Cards *ZUMBA 1:30 PM- CARDROOM B- 6:30 pm Bid Euchre B- 6:30 pm Men's Night Out - Pool	17 H -8:30 am Member Golf Day B-9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 10 am Yoga O- 11am Bocce B- 11am Paula's Line Dance B- 12:30 pm Genealogy B- 12:30 pm Cribbage B- 12:30 pm Mahjongg	18 B- 8 am Chair Exercise B- 9 am Yoga C- 9 am Spanish Conversation B-9:30 am Paper Crafting B-10 am Member Zumba B-10:00 am Strength & Exercise B-12:30 pm Pinochle Single Deck	19
20/27 B- 1:30 pm "65+5" Cards	21/28 B- 8 am Chair Exercise B- 9 am Yoga C- 9 am Spanish Conversation B- 9 am Rotary Woodcarving B- 10 am Strength & Exercise B- 12:30 pm Mahjongg B- Noon Painting Partners *ZUMBA 1:30 PM- CARDROOM B- 6:30 pm Monday Darts	22/29 H -8:30 am Member Golf Day B- 9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 10 am Yoga O- 11am Bocce B- 12:30 pm Pinochle DD B- 1 pm Open Art Studio B- 3 pm Sara's Ballroom Dance Workshop B- 6:30 pm Dominoes B- 6:30 pm Pool Group	23/30 B- 9 am Rotary Woodcarving B- 9 am "The Coffee Shoppe" B- 9:30 Beginners + Social Bridge B- 12:30 pm Stained Glass B- 1 pm Canasta-Cards *ZUMBA 1:30 PM- CARDROOM B- 6:30 pm Bid Euchre B- 6:30 pm Men's Night Out – Play Pool	24/31 H -8:30 am Member Golf Day B-9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 10 am Yoga O- 11am Bocce B- 11am Paula's Line Dance B- 12:30 pm Genealogy B- 12:30 pm Cribbage B- 12:30 pm Mahjongg	25 B- 8 am Chair Exercise B- 9 am Yoga C- 9 am Spanish Conversation B-9:30 am Paper Crafting B-10 am Member Zumba B-10:00 am Strength & Exercise B-12:30 pm Pinochle Single Deck	26