# March Program Calendar

**RSVPs are required, as some programs and activities include a meal.**

- See Program descriptions and other Wellness classes on the back.

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#### Programs and Activities

- **5:30pm - Guy Time**
- **2pm - Open Studio**
- **5:30pm - Melanated Support**
- **10am - Yoga**
- **9am - Yoga**
- **4pm - LWC, LBC, F&F**
- **5:30pm - LWG**
- **9am - Yoga**
- **10am - Yoga**
- **1pm - Tai Chi**
- **4:30pm - Open Studio**
- **5:30pm - RC**
- **2pm - Open Studio**
- **4pm - LWC, LBC, F&F**
- **5:30pm - LWG**
- **9am - Yoga**
- **10am - Yoga**
- **1pm - Tai Chi**
- **2pm - Book Club**
- **3pm - Krafting with Kelly**
- **4:30pm - Plant to Plate with Mariah Cowling**
- **9am - Yoga**
- **11:30am - LWC**
- **2pm - WG**
- **5:30pm - Guy Time**
- **10:30am - Palliative & Hospice Care Panel**
- **9am - Yoga**
- **10am - Yoga**
- **1pm - Tai Chi**
- **2pm - LWC, LBC, F&F**
- **5:30pm - Melanated Support**
- **4pm - Lecciones Gratis Sobre Nutriciones**
- **3pm - Krafting with Kelly**
- **4:30pm - Plant to Plate with Mariah Cowling**
- **6:00pm - Healthy Living Series - Cooking with Kids**

**Visit our website calendar here!**
Yoga
- Monday - 10am at the Ascension (Breast) Wellness Center on Epworth Rd. with Sarah
- Tuesday - 9am at the Ascension (Breast) Wellness Center on Epworth Rd. with Barb
- Wednesday - 10am at the Ascension (Breast) Wellness Center on Epworth Rd. with Barb
- Thursday - 9am at the Ascension (Breast) Wellness Center on Epworth Rd. with Barb

Tai Chi - 1pm on Wednesday's at the Dunigan YMCA with Ron *Available with CPM Card*

Tristate SilverStretch, SilverFit & Aqua Classes: Available with CPM Card (Scan QR Code on front for classes & times)

WG - Walk & Talk Group - **NEW Program** Join us at the Dunigan YMCA ( *Available with CPM Card*) and get your steps in for the day and meet others going through a similar journey!

MHM - Mental Health Matters - Different topics focused on a specific area of mental health, providing education and tools to help you better navigate your journey. This month Robin Epley, LMHC, LPAT, LPCC, ATR-BC, will be focusing on mindfulness. Explore the benefits of mindfulness and how it can help you. Learn various mindfulness tools to use to destress.

Lecciones Gratis Sobre Nutricion - El Programa de Educacion Nutricional ofrece lecciones divertidas y atractivas sobre nutricion, para jovenes y adultos hispanos en toda Indiana.

Plant to Plate - Learn new recipes as we cook & eat together. This month Mariah Cowling, BS - Nutrition & Wellness, will discuss meatless meal options for spring and their benefits.

Palliative & Hospice Care Panel - Join Jeff Brewer, Heart to Heart Hospice, Mia Roberts, In Home Connect, Ellen Stratman & Anita West, Ascension St. Vincent, as they discuss Palliative & Hospice Care and the differences between them.

Healthy Living Series, Cooking With Your Kids - Meagan Salomon of Purdue Cooperative Extension, Vanderburgh County, will be demonstrating to parents and their children how they can prepare a delicious stir fry dish together.

Social
- Book Club - Join us for a contemporary fiction book club at Stringtown Library! Facilitated by EVPL. This month’s book is “The Guest List” by Lucy Foley.
- Krafting with Kelly - CPM Ambassador Kelly is back to help you put together a fun Easter craft!
- Coffee & Connect - Grab a cup of your favorite beverage and connect with others who "get it".

All support and programs are at no cost to you and your family thanks to our generous donors and sponsors.