

# Timbers Seniors

The Timbers of Eureka  
 #1 Coffey Park Lane  
 Eureka MO 63025

## March 2020

Phone: 636-938-6775  
 Email: amoore@eureka.mo.us

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Senior Strength</b> 10:30 a.m.  <b>Laughter Yoga - \$</b> 12:30 p.m.	3 <b>Gym Walking</b> 9:00 a.m.  <b>SS Classic</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Low Impact Cardio</b> 2:00 p.m.	4 <b>Breakfast Club</b> 8:30 a.m.  <b>Senior Cardio Fit</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.	5 <b>SS Classic</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Senior Lunch - \$</b> 11:30 a.m.	6 <b>SS Yoga</b> 10:30 a.m.
9 <b>Senior Strength</b> 10:30 a.m.  <b>Laughter Yoga - \$</b> 12:30 p.m.	10 <b>Gym Walking</b> 9:00 a.m.  <b>SS Classic</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Low Impact Cardio</b> 2:00 p.m.	11 <b>Breakfast Club</b> 8:30 a.m.  <b>OASIS Roundtable</b> 9:30 - 10:30 a.m.  <b>SS Cardio Fit</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>OASIS Class - \$</b> 1:00 - 3:00 p.m.	12 <b>SS Classic</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Lunch Bunch - \$</b> 12:00 p.m.	13 <b>SS Yoga</b> 10:30 a.m.
16 <b>Senior Strength</b> 10:30 a.m.  <b>Laughter Yoga - \$</b> 12:30 p.m.	17 <b>Gym Walking</b> 9:00 a.m.  <b>SS Classic</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Low Impact Cardio</b> 2:00 p.m.	18 <b>Breakfast Club</b> 8:30 a.m.  <b>Senior Cardio Fit</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Library Book Bingo</b> 11:45 a.m.	19 <b>SS Classic</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Senior Lunch - \$</b> 11:30 a.m.	20 <b>SS Yoga</b> 10:30 a.m.
23 <b>Senior Strength</b> 10:30 a.m.  <b>Laughter Yoga - \$</b> 12:30 p.m.	24 <b>Gym Walking</b> 9:00 a.m.  <b>SS Classic</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Low Impact Cardio</b> 2:00 p.m.	25 <b>Breakfast Club</b> 8:30 a.m.  <b>OASIS Roundtable</b> 9:30 - 10:30 a.m.  <b>SS Cardio Fit</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.	26 <b>SS Classic</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Lunch Bunch - \$</b> 12:00 p.m.	27 <b>SS Yoga</b> 10:30 a.m.
30 <b>Senior Strength</b> 10:30 a.m.  <b>Laughter Yoga - \$</b> 12:30 p.m.	31 <b>Gym Walking</b> 9:00 a.m.  <b>SS Classic</b> 10:30 a.m.  <b>Zumba Gold</b> 10:30 a.m.  <b>Low Impact Cardio</b> 2:00 p.m.	 		

See reverse for program descriptions

## Senior Lunch

1st & 3rd Thursday - 11:30 a.m.  
M:\$5/R:\$6/NR:\$7

**March 5th**  
**Daylight Savings Time**  
Guitar & Saxophone players  
performing

**March 19th**  
**St. Patrick's Day**

Please RSVP at the Front Desk by  
the Tuesday prior to the lunch.  
Lunch menus are subject to change

## Lunch Bunch

2nd & 4th Thursdays  
Noon  
Pay your way

March 12th - Wildwood Pub & Grill,  
Hwy. 109 in Wildwood  
March 26th - Brew Haus Pub & Grill,  
Pacific

The group meets at different  
restaurants each time. Check with  
Ann for locations and to RSVP so  
reservations can be made to the  
restaurant.

## Senior Lunch Menu

**March 5th**  
**Daylight Savings time**  
Breakfast for Lunch  
Sausage Biscuits and Gravy  
Casserole, Cheesy Potato &  
Bacon Breakfast, Fruit Salad,  
Cinnamon Apple Crumb

**March 19th**  
**St. Patrick's Day**  
Bangers and Mash, Fried  
Cabbage, Corn O'Brien,  
Irish Apple Cake

## OASIS Spotlight

To join an OASIS program please call  
314-862-4859, ext. 24

OASIS Roundtable is a free program. Please  
make sure you register in case of cancellation  
or other changes.

**Roundtable - Wednesday, March 11th**  
9:30 - 10:30 a.m.  
Medicine, Age & Your Brain

**Roundtable - Wednesday, March 25th**  
9:30 - 10:30 a.m.  
Healthy Eating

**Wednesday, March 11th 1:00 - 3:00 p.m.**  
How to Find an Owl in your Neighborhood  
\$15.00

## Breakfast Club

Wednesdays  
8:30 a.m. - 1:00 p.m.  
FREE while supplies last

The Timbers offers the leftover  
breads and sweets from Panera  
Bread Company's "Day-End  
Dough-Nation" program.

All items are free for seniors on a  
first come, first served basis. Please  
take only as much as you can use.

Please bring your own bags.

## Senior Fitness Classes

Weekdays  
10:30 a.m.  
M:FREE/R:\$6/NR:\$7  
Check calendar for schedule.

## Open Gym Walking

Tuesdays  
9:00 a.m. - Noon  
FREE  
Gym is open to seniors on Tuesdays.  
Membership not required.  
17 laps around the gym is 1 mile

## St. Louis County Library Book Bingo at the Timbers

Wednesday, March 18th  
11:45 a.m. - 12:45 p.m.  
FREE!

This program has  
limited seating, please RSVP at  
the front desk of The Timbers.