



DEPT. OF SENIOR AFFAIRS

Virtual Programming Live schedule

Please visit cabq.gov/seniors/virtual for more virtual programming.

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MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Facebook Live Aerobics Class 9:00am	3 Facebook Live Bingo 1:30pm	4 Facebook Live Gentle Exercise 9:00am Virtual Friendship Coffee 9:00am contact: ahamel@cabq.gov	5	6
7	8	9 Facebook Live Aerobics Class 9:00am	10	11 Facebook Live Gentle Exercise 9:00am	12	13
14	15	16 Facebook Live Aerobics Class 9:00am	17 Facebook Live Bingo 1:30pm	18 Facebook Live Gentle Exercise 9:00am Virtual Friendship Coffee 9:00am contact: ahamel@cabq.gov	19	20
21	22	23 Facebook Live Aerobics Class 9:00am	24	25 Facebook Live Gentle Exercise 9:00am	26	27
28	29	30 Facebook Live Aerobics Class 9:00am	31			