

March 2026

VIRTUAL (IN BLACK)
 IN-PERSON (IN BLUE)
 SOCIAL CLUB (IN GREEN)

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4	5	6	7
	9:30 - 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1 – 3 PM: Booth Social Club	10 AM – 12 PM: Caring For Caregivers Writing Experience 12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games	10 AM – 12 PM: Cambridge Arms Social Club 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	No Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training 2– 3 PM: Hillcrest Spanish Club 4:30 – 5 PM: Is it a Scam?	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise	
8	9	10	11	12	13	14
	9:30 - 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1 – 2 PM: Senior Self Care Series: Custom Totebags	10:30 - 11:30 AM: Digital Legacy at a Glance 12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games	11 AM – 12 PM: Chess 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 1 - 3: Page Towers Social Club 2 – 3 PM: Strength Training	No Mindful Mornings 10:30 - 11:30 AM Sr Exercise 11 AM - 1PM: Senior Artist Cohort 2-3 PM: Tech Talks: Smartphone Photography	
15	16	17	18	19	20	21
	9:30 - 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1:30 – 3PM Art with Abrakadoodle	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games	10 AM – 12 PM: Hillcrest Social Club 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training 1 – 2 PM: Hillcrest Self Care 2– 3 PM: Hillcrest Spanish Club 4:30 – 5 PM: Is it a Scam?	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 11:30 AM – 1 PM: City Stops: Flavors N Spices Indian Restaurant	
22	23	24	25	26	27	28
	9:30 - 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 11:30 AM – 3 PM: Dominoes Divas & Dudes 1 – 3 PM : Courtyard Social Club	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games	11 AM – 12 PM: Chess 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training	9:30 - 10:00 AM: Mindful Mornings 10:30 - 11:30 AM: Sr Exercise 11:30 AM – 1 PM: Library Lunch & Learn: Designing Women	
29	30	31				
	No Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 12 - 2 PM: Spring Social	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games				