

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 3-4 Carpet Bowling	2 9:30 Walk & Talk 10:30-11:45 Mental Aerobics 3:00 Left Right Center	3 10:30-11:30 Exercise Class 2:00 Crib Club	4 2:00 Sandbag Toss 2:00 Knitting Club 7:00 Bingo	5 10:30-11:30 Yoga 1-4 Absolute Hearing 3:00 Left Right Center	6 Pajama Day 10:30 Mental Aerobic 2-3 Happy Hour	7 7:00 Bingo
8 3-4 Carpet Bowling  <small>This Photo by Unknown Author is licensed under CC BY-NC-ND</small>	9 9:30 Walk & Talk 10:30 -11:45 Mental Aerobic 3:00 Left Right Center	10 10:30-11:30 Exercise Class 2:00 Crib Club	11 10:30 Pharmasave Talk: Digestive Health 2:00 Sandbag Toss 2:00 Knitting Club 7:00 Bingo	12. 10:30-11:30 Yoga 3:00 Left Right Center	13 Pajama Day 10:30 Mental Aerobic 2:00 St. Patrick's Day : Rock & Roll Live Music w/ Sciatikats	14 7:00 Bingo
15 3-4 Carpet Bowling	16 9:30 Walk & Talk 10:30 -11:45 Mental Aerobic 3:00 Left Right Center	17 10:30-11:30 Exercise Class 2:00 Crib Club 	18 10:00 Spring Craft w/ Marlene 2:00 Sandbag Toss 2:00 Knitting Club 9-12 Absolute Hearing 7:00 Bingo	19 10:30-11:30 Yoga 3:00 Left Right Center	20 Pajama Day 10:30 Mental Aerobic 2-3 Happy Hour	21 7:00 Bingo
22 3-4 Carpet Bowling	23 9:30 Walk & Talk 10:30 -11:45 Mental Aerobic 3:00 Left Right Center	24 10:30-11:30 Exercise Class 2:00 Crib Club	25 2:00 Sandbag Toss 2:00 Knitting Club 7:00 Bingo	26 10:30-11:30 Yoga 3:00 Left Right Center	27 Pajama Day 10:30 Mental Aerobic 2:00 Happy Hour	28 7:00 Bingo
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