



MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yoga 9:15-9:45am 2 Drum Fit 9:45-10:15am \$5 Silver Sneakers 10:15-10:50am Chicks w/Sticks 10am Bridge Club Kindness Crew Noon Line Dancing 1pm	Quilting Bees 9am 3 Bible Study 9am (Ray Branch) Arthritis Class 10am Food Safety w/ Sarah Arnold 11am Senior Songfest Noon Bunco 1pm (Don't forget your item for Rescue Dog!)	4 <i>Closed to Public</i> Veteran's Café 11am *Staff Meeting 1pm	Arthritis Class 10am 5 Cardmaking/Adult Coloring Tabletop Games Tech Thursday noon-2pm Line Dancing 1pm Walmart, Valley Forge Auction, & Pizza Inn \$5; leave at 9:30 *Monitoring Day	Silver Sneakers 10am 6 Tabletop Games Karaoke 12:30pm Writing Club 1:30pm Cookbook Signing! Cookbook contributors, 'Seasoned with Love' is finally here! Bring your copy or pick one up Friday & let us know what recipes you've already tried!
Chair Yoga 9:15-9:45am 9 Drum Fit 9:45-10:15am \$5 Silver Sneakers 10:15-10:50am Chicks w/Sticks 10am Bridge Club Kindness Crew Noon Line Dancing 1pm <i>*Be sure to set clocks forward an hour on 3/8</i> 	Quilting Bees 9am 10 Bible Study 9am (Steven Spencer) Arthritis Class 10am Senior Songfest Noon	Chair Yoga 9:15-9:45am 11 Drum Fit 9:45-10:15am \$5 Silver Sneakers 10:15-10:50am Senior Jam 11am Adult Coloring & activities  *Board Meeting 12:30 pm	Arthritis Class 10am 12 Cardmaking/Adult Coloring Tabletop Games Improv Club 12:30 pm Tech Thursday noon-2pm Line Dancing 1pm Fine Dining with Friends (TBA); \$5, leave at 4:30 pm	Silver Sneakers 10am 13 Tabletop Games Karaoke 12:30pm Writing Club 1:30pm NATIONAL PLANT A FLOWER DAY! TRIP TO JCHS GREENHOUSE AFTER LUNCH 
Chair Yoga 9:15-9:45am 16 Drum Fit 9:45-10:15am \$5 Silver Sneakers 10:15-10:50am Chicks w/Sticks 10am Bridge Club Crafts w/Kay & Kathy at noon Kindness Crew Noon Line Dancing 1pm	Quilting Bees 9am 17 Bible Study 9am (Rick Thomason) Arthritis Class 10am Senior Songfest Noon Bunco 1pm (Don't forget your item for Rescue Dog!) Special Music by Randy Dandurand &  	Chair Yoga 9:15-9:45am 18 Drum Fit 9:45-10:15am \$5 Silver Sneakers 10:15-10:50am Senior Jam 11am Adult Coloring & activities Alzheimer's Support Group 3 pm	Arthritis Class 10am 19 Cardmaking/Adult Coloring Tabletop Games Tech Thursday noon-2pm Line Dancing 1pm NATIONAL LET'S LAUGH DAY! JOKES AT LUNCH Lovable Ladies Trip to Know Better Coffee Shop @12 noon 	Silver Sneakers 10am 20 Tabletop Games Karaoke 12:30pm Writing Club 1:30pm First Day of Spring Party! Special Music by Steve Dunfee & TEAM Trivia w/ Rose
Chair Yoga 9:15-9:45am 23 Drum Fit 9:45-10:15am \$5 Silver Sneakers 10:15-10:50am Chicks w/Sticks 10am Bridge Club Kindness Crew Noon Line Dancing 1pm	Quilting Bees 9am 24 Bible Study 9am (Tony Potter) TEAMS with ETSU Students Arthritis Class 10am Senior Songfest Noon	*Estrella out—no Yoga or Drum Fit 25 Silver Sneakers 10:00am Senior Jam 11am Adult Coloring & activities 	Arthritis Class 10am 26 Cardmaking/Adult Coloring Tabletop Games Tech Thursday noon-2pm Line Dancing 1pm	Silver Sneakers 10am 27 Tabletop Games Karaoke 12:30pm Writing Club 1:30pm Movie & popcorn after lunch! 
WISHING OUR DIAMOND TOURS GROUP A SAFE TRIP TO NEW ORLEANS THIS WEEK 3/23-3/28— LAISSEZ LES BONS TEMPS ROULER!				
*Estrella out—no Yoga or Drum Fit 30 Silver Sneakers 10:00am Chicks w/Sticks 10am Bridge Club Kindness Crew Noon Book Club Noon Line Dancing 1pm	Quilting Bees 9am 31 Bible Study 9am (Ray Branch) Arthritis Class 10am Senior Songfest Noon Bunco 1pm (Don't forget your item for Rescue Dog!) NATIONAL CRAYON DAY—LET'S BRING COLOR INTO THE WORLD! 		 Billiards, Table Tennis & Cornhole offered daily	Exercise Room open daily FREE for all members 