

March 2026 | Events

Monday - Friday • 8:30 am-4 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 - HICCAP 9:00 & 10:00 - Balance & Mobility 10:00 - Pep4u Tremble Clef Practice 10:00 - Humana Medicare (1 on 1) 11:30 - Lunch RR 1:00 - Game Time 1:00 - Dance for Wellness 2:30 - Tai Chi</p>	<p>3</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 11:30 - Lunch 12:00 - Knit and Crochet Club 12:30 - Poker 1:00 - Bingo</p>	<p>4</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 10:00 - Pep4u Yoga for Parkinson's 10:00-1:00 - Voter Registration 11:00 - Chair Yoga 11:30 - Lunch – Piano Singing Group 12:30 - Mental Illness Support 1:00 - Chair Dance for Wellness 2:00 - Dance for Wellness</p>	<p>5</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 10:00 - Pep4u Yoga for Parkinson's 10:00-1:00 - Voter Registration 11:00 - Chair Yoga 11:30 - Lunch – Piano Singing Group 12:30 - Mental Illness Support 1:00 - Chair Dance for Wellness 2:00 - Dance for Wellness</p>	<p>6</p> <p>10:00 - TOPS 11:30 - Lunch – Arnie on Piano 12:30 - Cribbage 12:45 - Movie 1:00 - Games 1:00 - Intermediate Oil/Acrylic Painting</p>
<p>9</p> <p>9:00 - HICCAP 9:00 & 10:00 - Balance & Mobility 10:00 - CA Driver License Prep 10:00 - Carmen Medicare 10:00 - Pep4u Tremble Clef Practice 11:30 - Lunch – Sunshine Band 1:00 - MemorialCare Social Worker 1:00 - Game Time 1:00 - Dance for Wellness 2:30 - Tai Chi</p>	<p>10</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 11:30 - Lunch 12:00 - Knit and Crochet Club 12:30 - Poker 1:00 - Bingo</p>	<p>11</p> <p>9:00 - Wire Wrapping Class 9:00 & 10:00 - Balance & Mobility 10:00 - Tech Help (Appt) 11:30 - Lunch 12:30 - Caregiver Support Group 1:00 - Intermediate Knitting 1:00 - Tai Chi 2:00 - Grief Share</p>	<p>12</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 10:00 - Pep4u Yoga 10:00 - Humana (Lobby) 11:00 - Chair Yoga 11:30 - Lunch – Silver Singers 12:30 - Mental Illness Support 1:00 - Chair Dance for Wellness 2:00 - Dance for Wellness</p>	<p>13</p> <p>10:00 - TOPS 11:30 - Lunch – Arnie on Piano 12:30 - Cribbage 12:45 - Movie 1:00 - Games 1:00 - Oil/Acrylic Painting 1:30 - Optum</p>
<p>16</p> <p>9:00 - HICCAP 9:00 & 10:00 - Balance & Mobility 10:00 - Pep4u Tremble Clef Practice 11:30 - Lunch 1:00 - Game Time 1:00 - Dance for Wellness 2:30 - Tai Chi</p>	<p>17</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 10:30 - SCAN (Lobby) 11:30 - Lunch – Tony Rogers 12:00 - Knit and Crochet Club 12:30 - Poker 1:00 - Bingo</p>	<p>18</p> <p>9:00 - Wire Wrapping Class 9:00 & 10:00 - Balance & Mobility 10:00 - Parkinson's Coffee Chat 10:00 - Tech Help 10:00 - Financial Consulting 11:30 - Lunch – Harmonaires 12:30 - Caregiver Support Group 1:00 - Intermediate Knitting 1:00 - Tai Chi 1:30 - Easter Craft</p>	<p>19</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 10:00 - Pep4u Yoga 11:00 - Chair Yoga 11:30 - Lunch 12:30 - Mental Illness Support 1:00 - Chair Dance for Wellness 2:00 - Dance for Wellness</p>	<p>20</p> <p>11:30 - Lunch – Arnie on Piano 12:30 - Cribbage 12:45 - Movie 1:00 - Games 1:00 - Oil/Acrylic Painting</p>
<p>23</p> <p>9:00 - HICCAP 9:00 & 10:00 - Balance & Mobility 10:00 - CA Driver License Prep 10:00 - Carmen Medicare 10:00 - Pep4u Tremble Clef Practice 11:30 - Lunch – Tremble Clef 1:00 - Game Time 1:00 - Dance for Wellness 2:30 - Tai Chi</p>	<p>24</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 11:30 - Lunch – Silver Singers 12:00 - Knit and Crochet Club 12:30 - Poker 1:00 - Bingo 1:30 - Optum Rock Painting</p>	<p>25</p> <p>9:00 - Wire Wrapping Class 9:00 & 10:00 - Balance & Mobility 10:00 - Tech Help 10:00 - Financial Consulting 11:30 - Lunch 12:30 - Caregiver Support Group 12:30 - Art4Healing 1:00 - Intermediate Knitting 1:00 - Tai Chi</p>	<p>26</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 10:00 - Pep4u Yoga 11:00 - Chair Yoga 11:30 - Lunch – Street Performers 12:30 - Mental Illness Support 1:00 - Chair Dance for Wellness 2:00 - Dance for Wellness</p>	<p>27</p> <p>10:00 - TOPS 11:30 - Lunch – Arnie on Piano 12:30 - Cribbage 12:45 - Movie 1:00 - Games 1:00 - Oil/Acrylic Painting</p>
<p>30</p> <p>9:00 - HICCAP 9:00 & 10:00 - Balance & Mobility 10:00 - Pep4u Tremble Clef Practice 11:30 - Lunch 1:00 - Game Time 1:00 - Dance for Wellness 2:30 - Tai Chi</p>	<p>31</p> <p>9:00 - Balance & Mobility 10:00 - Beginning Chair Exercise 11:30 - Lunch 12:00 - Knit and Crochet Club 12:30 - Poker 1:00 - Bingo</p>	<p>1</p>	<p>2</p>	<p>3</p>