

Monday	Tuesday	Wednesday	Thursday	Friday
9:15a AHOY (\$4) 2 (V) 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 	9a Better Balance (\$4) 3 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	9a Qigong 4 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	10a Recipe for Success 5 11a Line Dancing 12p – 2p Tech Help 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga (\$4) (V) 6 10a Trivia 11am Book Club – <i>Blood Clay</i> 1p Friday Favorite Movie - "Dead Poets Society" *
9:15a AHOY (\$4) (V) 9 11am Better Bones presentation 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better Balance (\$4) 10 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 6p CAA *	9a Qigong 11 10a 5 Wishes (\$5) * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	9a Fall Recovery (\$5) * 12 11a Line Dancing 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga (\$4) (V) 13 10a Trivia 11am Book Club – <i>Blood Clay</i> 1p Friday Favorite Movie - "Sister Act" * 
9:15a AHOY (\$4) (V) 16 10a Nigeria Travelogue * 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better Balance (\$4) 17 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 2:30p St. Patrick's Day Party 	9a Qigong 18 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta 2p Cupcake Liner Flowers (\$3) *	10a Recipe for Success 19 11a Line Dancing 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga (\$4) (V) 20 10a Trivia 11am Book Club – <i>Blood Clay</i> 11a Hobby Show & Tell 1p Friday Favorite Movie - "The Invisibles" *
9:15a AHOY (\$4) (V) 23 11a Pain Management Study 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better Balance (\$4) 24 9:45a Advanced Better Balance (\$4) 12p Movie day trip (\$15) * 1p Zumba Gold (\$5) 2p Games & Mahjong	9a Qigong 25 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta 	11a Line Dancing 26 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	9:15a Chair Yoga (\$4) (V) 27 10a Donuts with the Director 11am Book Club – <i>Blood Clay</i> 12pm Golden Games game time with NC A&T students
9:15a AHOY (\$4) (V) 30 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better Balance (\$4) 31 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	 <h1>March 2026</h1> <p>A * next to an activity means signing up ahead of time is required.</p>		