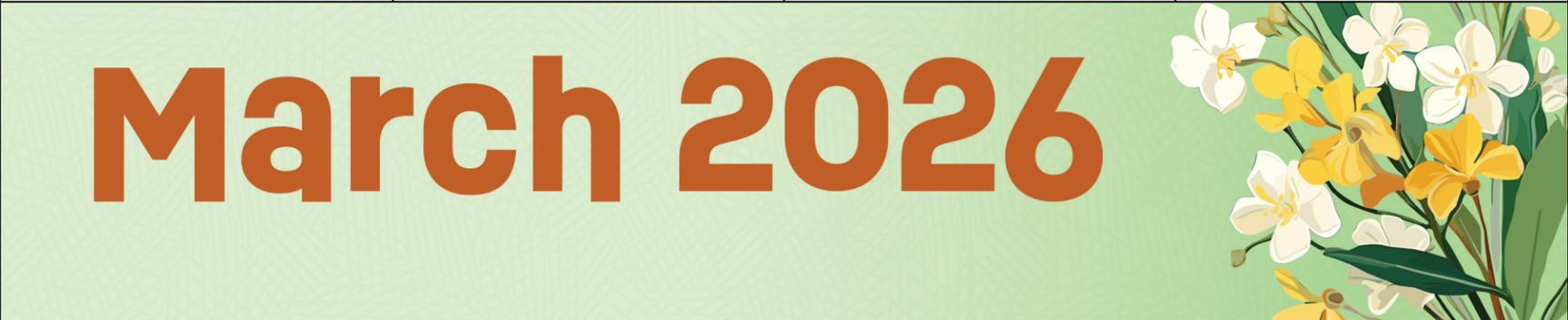


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| 9:30 BETHESDA CHURCH 1 1:00 BINGO 2:30 SUNDAY MATINEE: JULIE & JULIA (DVD) 2:30 SHUFFLEBOARD UPSTAIRS | 9:00 CHAIR YOGA 2 9:30 SHOPPING ROYAL BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 DIAMOND ART HAPPY BIRTHDAY KATHY J.! Purim Begins | 9:00 SEATED ENERGIZE 3 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 BOOK CLUB PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC | AM APPTS 4 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 2:30 HEARING AID CLINIC 3:00 DING-A-LING PRACTICE HAPPY BIRTHDAY KATHY B! | 9:00 SEATED ENERGIZE 5 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:00 ACTIVITY COUNCIL 2:30 WINE CLUB | 9:00 CHAIR YOGA 6 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 SOLVANG BOOK CLUB 1:00 GROCERY OUTLET IN HARRISBURG | 9:00 SEATED ENERGIZE 7 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL |
| 9:30 BETHESDA CHURCH 8 1:00 BINGO 2:30 SUNDAY MATINEE: MEMPHIS BELLE (DVD) 2:30 SHUFFLEBOARD UPSTAIRS Daylight Saving Time Begins | 9:00 CHAIR YOGA 9 9:30 SHOPPING ROYAL BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 HOLLY'S JEWELRY TABLE PM APPTS 1:00 TOWN HALL/CHEF'S CORNER | 9:00 SEATED ENERGIZE 10 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 MANICURES 2:00 BLOOD PRESSURE CLINIC | AM APPTS 11 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 JEOPARDY TRIVIA 3:00 DING-A-LING PRACTICE | 9:00 SEATED ENERGIZE 12 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:00 SHOPPING TRIP 2:30 WINE CLUB HAPPY BIRTHDAY CLYDENE! | 9:00 CHAIR YOGA 13 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 OUT TO LUNCH BUNCH-SIZZLER | 9:00 SEATED ENERGIZE 14 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL |
| 9:30 BETHESDA CHURCH 15 1:00 BINGO 2:30 SUNDAY MATINEE: LINCOLN (DVD) 2:30 SHUFFLEBOARD UPSTAIRS | 9:00 CHAIR YOGA 16 9:30 SHOPPING RIVER ROAD 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 SNAP TOGETHER BIRD HOUSES & PAINT THEM | 9:00 SEATED ENERGIZE 17 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 ST. PATRICKS DAY PARTY PLANT SHAMROCKS, TREATS & DRINKS St. Patrick's Day | AM APPTS 18 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 12:30 LIL SPROUTS 3:00 DING-A-LING PRACTICE | 9:00 SEATED ENERGIZE 19 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB | 9:00 CHAIR YOGA 20 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 JORDAN SCHNITZER MUSEUM OF ART 2:00 MANICURES Spring Begins | 9:00 SEATED ENERGIZE 21 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL |
| 9:30 BETHESDA CHURCH 22 1:00 BINGO 2:30 SUNDAY MATINEE: SECONDHAND LIONS (DVD) 2:30 SHUFFLEBOARD UPSTAIRS | 9:00 CHAIR YOGA 23 9:30 SHOPPING ROYAL BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 PAINTING WITH GUEST DEB DOUMA | 9:00 SEATED ENERGIZE 24 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 KIRK TAYLOR MEMORIAL | AM APPTS 25 9:00 CHAIR YOGA 9:15 FOOT CLINIC 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 RANDOM TRIVIA 3:00 DING-A-LING PRACTICE | 9:00 SEATED ENERGIZE 26 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB | 9:00 CHAIR YOGA 27 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 DAIRY QUEEN HAPPY BIRTHDAY BONNIE K.! | 9:00 SEATED ENERGIZE 28 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL |
| 9:30 BETHESDA CHURCH 29 1:00 BINGO 2:30 SUNDAY MATINEE: CASABLANCA (DVD) 2:30 SHUFFLEBOARD UPSTAIRS Palm Sunday | 9:00 CHAIR YOGA 30 9:30 SHOPPING ROYAL BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIRTHDAY BASH W/ JOSEPH BONNEVIE | 9:00 SEATED ENERGIZE 31 EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC HAPPY BIRTHDAY BONNIE G.! |  <h1 style="font-size: 4em; color: #C85130; margin: 0;">March 2026</h1> | | | |

TIMES ARE SUBJECT TO CHANGE. PLEASE SEE LARGE CALENDAR IN THE LOBBY FOR MOST UP TO DATE INFORMATION.