

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint 10:00 Improver Line 10:00 Dance (MPH) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check in (Flex Rm) 11:45 15 15 15 (MPH) 11:45 Abs, Core, & More 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 1:30 Outreach Meeting (BR) 2:30 Guided Meditation 4:15 Indoor Walking	3 9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Intermediate Watercolor 10:00 New Comers M & G 10:00 Fit Ball (MPH) 10:00 Chair Yoga (WCR) 10:00 Music Makers (Annex) 10:30 Brain Games (Flex R) 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Yoga Thrive (MPH)	4 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex R) 9:00 Gentle Yoga (WCR) 9:00 Carpet Bowling 10:00 Chair Yoga (WCR) 10:30 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Color my World Art 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 2:00 Genealogy (WCR) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	5 9:00 Card Crafters 9:00 Inter. Line Dance 9:30 Mind Joggers (BR) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Tech Help on AI (WCR) 1:00 Floor Shuffle. (MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)	6 8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 11:00 Fall in House Awards Luncheon (Tickets Req.) MPH 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 
9 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Sketching & Drawing 10:00 Improver Line 10:00 Dance (MPH) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check in (Flex Rm) 11:00 Pet Therapy Visits (SSN Office) 11:45 15 15 15 (MPH) 11:45 Abs, Core, & More 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength (MPH) 6:00 Beginners Pickleball	10 9:00 LAWYERS (BR) 9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Intermediate Watercolor 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Brain Games (Flex R) 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00* Police Fraud Info (WCR) 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Dragon Boat Dry Land *No Texas Hold Em Today (March 10th)	11 8:45 Active Pound 55+ 9:00 NEW MANICURES (Craft R) 9:00 Handy Crafters (Flex R) 9:00 Gentle Yoga (WCR) 9:30 Board of Directors Meeting (Board Room) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:15 VIRTUAL COOKING (zoom) 11:30 Pilates (WCR) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 2:00 Genealogy (WCR) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	12 9:00 Card Crafters 9:00 Intermediate Line Dance 9:00 Chair Yoga (WCR) NEW 9:30 Mind Joggers (BR) 10:00 Coffee with a Cop 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:00 Tech Help on AI (WCR) 6:00 Begin. Pickleball (MPH) 	13 8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> 11:00 St. Patrick's Day Lunch with Live Music by the Celtic Routes! </div> 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge
16 9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Member Portraits 10:00 Sketching & Drawing 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 11:45 15 15 15 (MPH) 11:45 Abs, Core, & More (WCR) 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach Program (mph) 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength 6:00 Beginners Pickleball (MPH)	17 9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Intermediate Watercolor 10:00 New Comers M & G 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Brain Games (Flex R) 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Dragon Boat Dry Land	18 8:45 Active Pound 55+ 9:00 Reflexology (Cr. Rm) 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 9:00 Carpet Bowling 10:00 Chair Yoga (WCR) 10:30 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Abstract Watercolor 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 2:00 Genealogy (WCR) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	19 9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:00 Chair Yoga (WCR) NEW 9:30 Mind Joggers (BR) 9:30 HEARING TESTS (Library) by Appt. 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft Room) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:20 Park Meadows Game Afternoon (WCR) 6:00 Begin. Pickleball (MPH)	20 8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 1:30 Steps to Connect (Board Room)
23 & 30* 9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Sketching & Drawing 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 11:45 15 15 15 (MPH) 11:45 Abs, Core, & More (WCR) 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 2:30* Guided Meditation (WCR) 4:15 Indoor Walking & Strength 6:00 Beginners Pickleball (MPH) 6:00* Cookie Decorating (WCR)	24* & 31* 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning (MPH) 9:00* Ukrainian Easter Egg Paint 9:30* Intermediate Watercolor 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Brain Games (Flex R) 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style (MPH) 12:45 Canasta/ H & F 1:00* Cooking at Interfaith 1:00* Ukrainian Easter Egg Paint 1:00* Scrabble (Craft R) 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Dragon Boat Dry Land	25 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex Room) 9:00 Gentle Yoga (WCR) 10:00 FREE Massages (Craft R) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Abstract Watercolor (craft R) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 2:00 Genealogy (WCR) 3:15 LSKIP (MPH) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (YMCA West) 7:30 Table Tennis (MPH)	26 9:00 Card Crafters 9:00 Intermediate Line Dance 9:00 Chair Yoga (WCR) NEW 9:30 Tech Help (Main Corridor) 9:30 Mind Joggers (BR) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Tech Help on AI (WCR) 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (Flex R) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH) 	27 8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 1:30 Steps to Connect *Under the Northern Lights Gala Tomorrow the 28th at the Sandman Signature! 

Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, Please note: for fare details please contact front reception desk.

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL DONNA AT 403-329-3222 TO ARRANGE.**
- WINNERS BINGO WEDNESDAY: MARCH 4, 11, 18, & 25**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES: APR. 8, & MAY 27**



- AGM IN THE MULTI-PURPOSE HALL APRIL 1ST AT 9:30AM ALL MEMBERS ARE WELCOME!**
- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!**
- NEW PAINT MORNING WORKSHOP WITH KENDRA SALA ON APRIL 30TH FOR \$40 PER PERSON MORE INFO IN THE NEWSLETTER!**
- MINDS IN MOTION FOR THOSE WITH EARLY STAGES ALZIEHMERS & THEIR CAREGIVERS ON APRIL 1ST FOR \$50 PER PERSON!**