



March 2025

Mon	Tue	Wed	Thu	“Fun” Fri	Sat
NEW TIME—Qi-Gong starts now at 11:15 a.m. Third Thursday—Crokinole @ 1 p.m.					1 Senior Active Living Fair 10 am—3 pm
3 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Walk ‘n Talk 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Chess	4 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let’s get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	5 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Life Lessons 1 p.m. Cribbage 1 p.m. Mahjong	6 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	7 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre Deadline to register for Diner’s Delight	8 10:30 a.m. Kripalu Yoga
10 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Chess	11 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let’s get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	12 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	13 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	14 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolours 10 a.m. Tech Talk 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	15 10:30 a.m. Kripalu Yoga 1
17 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Chess	18 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let’s get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	19 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Book Club 5:30 p.m. Diner’s Delight	20 8:30 a.m. Active Fit 10 a.m. Canasta 10 am– Wellness Thursday: Stoke 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Crokinole 1 p.m. Bid Euchre	21 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Men in the Kitchen	22 10:30 a.m. Kripalu Yoga
24/31 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Walk ‘n Talk 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Chess	25 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let’s get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	26 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	27 8:30 a.m. Active Fit 10 a.m. Canasta 10 a.m. Wellness Thursday: GLA:D 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	28 9:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	29 10:30 a.m. Kripalu Yoga