



March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro.to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong 1:00 Mahjong Lessons	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
9	10	11	12	13
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO with The Blake & Covenant Caregivers	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes 1:30 Step-By-Step Painting	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong 1:00 Mahjong Lessons	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
16	17	18	19	20
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends 1:00 - "Know Your Numbers" Health Fair 3:00	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong	SENIOR CENTER CLOSED FOR A PRIVATE EVENT
23	24	25	26	27
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Chess 1:00 Beginner Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Spanish I 1:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 10:30 Tour & Lunch AT The Blake in Flowood 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:00 Bruncheon \$10 Spring Kickoff with Ballet Magnificat 12:00 Dominoes
30	31			
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Spanish I 1:00 Intro. to Spanish 1:00 Line Dancing			

•Purple - RSVP Required •Blue - Fitness Classes •Red - Fee Required

Fitness Class Descriptions

Sit & Be Fit (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
Cardio Combo! (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
Beginner Yoga	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
Tai Chi (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.
Line Dancing	Line Dances are led by a dance instructor. Choreography is broken down, taught and then applied to music. All levels are welcome!

Activities

Lessons of Art Art & Friends	Join our instructor to learn the fundamentals of art and then come and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson.
Book Club	<i>True Colors</i> by Kristin Hannah
BINGO	Let’s celebrate all our March birthdays with a FUN game of BINGO sponsored by our friends from The Blake and Covenant Caregivers!
Bridge	We have two Bridge groups active: Experienced Bridge Players and Beginner Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Hand and Foot Dominoes	All cards and games are open to all levels. If you are not sure how to play, come and sit along-side an experienced player to learn.
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Beginner or experienced Dulcimer player’s welcome.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Know Your Numbers Health Fair	UMMC School of Nursing students will be here doing blood pressure checks, height, weight and BMI. Elite Physical Therapy will be doing fall assessments. As well as multiple other vendors such as the Electronic Caregiver , BVH hearing specialists , Baptist Hospice and more!
Spring Bruncheon	It’s officially Spring and what better way to celebrate than with our friends from Ballet Magnificat . It’s an experience you won’t forget, followed by a lovely brunch catered. Tickets are \$10
Step-By-Step Painting	Come be the artist that you never thought you could be! Natalie with Summerhouse Beau Ridge will take you step-by-step as you paint your treasured masterpiece!
Tour & Lunch AT The Blake in Flowood	We will meet at The Blake in Flowood, an assisted living facility, to take the grand tour and enjoy a delicious lunch all courteous to their wonderful staff!
Vet to Vet Cafe	Are you a veteran? Or the spouse of a veteran? Please join us for the Vet-to-Vet Café on Thursday, March 12 th at 9:30am. The Vet-to-Vet Café will meet on the 2 nd Thursday of every month at 9:30am. A light breakfast will be served.

Daylight Savings Time

**** Don't Forget Spring Forward on Sunday, March 8, 2026 ****