

# March Activities Subject to Change

# 2026

All led in Eagle's Nest



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 10:30 Balance Class 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise	9:30 Light & Lively Exercise 11:00 Indoor Walks
8	9	10	11	12	13	14
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 10:30 Balance Class 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Indoor Walks
15	16	17	18	19	20	21
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 10:30 Balance Class 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Indoor Walks
22	23	24	25	26	27	28
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 10:30 Balance Class 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Indoor Walks
29	30	31				
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 10:30 Balance Class 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	 The Difference Between Living and Living Well	