

# March

# 2026



| Sunday | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--------|---|--|---|--|--|--|
| 1      | 2   | 3  | 4   | 5  | 6  | 7  |
|        | <b>Stretch &amp; Cardio with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL-Living Rm | <b>Chair Yoga with Raven</b><br>9:30 MC- Living Rm<br>10:00 MC- Living | <b>Breathing Exercises with Raven</b><br>9:30 MC - Living Rm<br>10:00 AL-Bistro | <b>Strength Training with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm | <b>Dance Exercises with Carol</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm | <b>Balance Exercises with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm |
| 8      | 9   | 10   | 11  | 12   | 13   | 14   |
|        | <b>Stretch &amp; Cardio with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL-Living Rm | <b>Chair Yoga with Raven</b><br>9:30 MC- Living Rm<br>10:00 MC- Living | <b>Breathing Exercises with Raven</b><br>9:30 MC - Living Rm<br>10:00 AL-Bistro | <b>Strength Training with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm | <b>Dance Exercises with Carol</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm | <b>Balance Exercises with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm |
| 15     | 16  | 17   | 18  | 19   | 20   | 21   |
|        | <b>Stretch &amp; Cardio with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL-Living Rm | <b>Chair Yoga with Raven</b><br>9:30 MC- Living Rm<br>10:00 MC- Living | <b>Breathing Exercises with Raven</b><br>9:30 MC - Living Rm<br>10:00 AL-Bistro | <b>Strength Training with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm | <b>Dance Exercises with Carol</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm | <b>Balance Exercises with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm |
| 22     | 23  | 24   | 25  | 26   | 27   | 28   |
|        | <b>Stretch &amp; Cardio with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL-Living Rm | <b>Chair Yoga with Raven</b><br>9:30 MC- Living Rm<br>10:00 MC- Living | <b>Breathing Exercises with Raven</b><br>9:30 MC - Living Rm<br>10:00 AL-Bistro | <b>Strength Training with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm | <b>Dance Exercises with Carol</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm | <b>Balance Exercises with Rebecca</b><br>9:30 MC - Living Rm<br>10:00 AL - Living Rm |
| 29     | 30  | 31   |   |  |  |  |

*The Difference Between Living and Living Well*