

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<u>9:00</u> Walkabout <u>10:30</u> Exercise w/Rita	<u>9:30</u> Morning Stretch W/Kristy	<u>11:00</u> Exercise w/Paz from Steel Feathers	<u>9:30</u> Exercise w/Rita	<u>9:00</u> Walkabout	<u>10:00</u> Strength Training <u>11:00</u> Music w/Paz from Steel Feathers	<u>9:30</u> Chair Fitness on YouTube
8	9	10	11	12	13	14
<u>9:00</u> Walkabout	<u>9:30</u> Morning Stretch W/Kristy	<u>11:00</u> Exercise w/Paz from Steel Feathers	<u>9:30</u> Exercise w/Rita	<u>9:00</u> Walkabout	<u>10:00</u> Strength Training <u>11:00</u> Music w/Paz from Steel Feathers	<u>9:30</u> Chair Fitness on YouTube
15	16	17	18	19	20	21
<u>9:00</u> Walkabout <u>10:30</u> Exercise w/Rita	<u>9:30</u> Morning Stretch W/Kristy	<u>11:00</u> Exercise w/Paz from Steel Feathers	<u>9:30</u> Exercise w/Rita	<u>9:00</u> Walkabout	<u>10:00</u> Strength Training <u>11:00</u> Music w/Paz from Steel Feathers	<u>9:30</u> Chair Fitness on YouTube
22	23	24	25	26	27	28
<u>9:00</u> Walkabout	<u>9:30</u> Morning Stretch W/Kristy	<u>11:00</u> Exercise w/Paz from Steel Feathers	<u>9:30</u> Exercise w/Rita	<u>9:00</u> Walkabout	<u>10:00</u> Strength Training <u>11:00</u> Music w/Paz from Steel Feathers	<u>9:30</u> Chair Fitness on YouTube
29	30	31				
<u>9:00</u> Walkabout <u>10:30</u> Exercise w/Rita	<u>9:30</u> Morning Stretch W/Kristy	<u>11:00</u> Exercise w/Paz from Steel Feathers				