



MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
<p>2</p> <p>9:00 Mat Yoga ◊</p> <p>10:00 Men's Coffee and Conversation</p> <p>11:00 Cardio-Yoga-Sculpt ◊</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Cribbage</p> <p>1:00 Hand & Foot</p>	<p>3</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◊</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◊</p> <p>10:00 Mindfulness with Nancy</p> <p>1:00 Canasta</p> <p>1:00 French Club</p> <p>2:00 Guess Who's Coming for Coffee & Cookies</p>	<p>4</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◊</p> <p>10:00 Craft Group</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p>	<p>5</p> <p>9:00 Cardio and Dance ◊</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◊</p> <p>11:30 Men's Lunch Bunch @ Billy's Chowder House</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>2:00 Ukelele Group</p>	<p>6</p> <p>9:00 Open House</p> <p>9:00 Mat Pilates ◊</p> <p>10:00 Knitting Group</p> <p>1:00 Afternoon Movie</p> <p>1:00 Cribbage (intermediate)</p>
<p>9</p> <p>9:00 Mat Yoga ◊</p> <p>10:00 Men's Coffee and Conversation</p> <p>11:00 Cardio-Yoga-Sculpt ◊</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Cribbage</p> <p>1:00 Hand & Foot</p>	<p>10</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◊</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◊</p> <p>10:00 Mindfulness with Nancy</p> <p>1:00 Canasta</p> <p>2:00 Guess Who's Coming for Coffee & Cookies</p>	<p>11</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◊</p> <p>10:00 Craft Group</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p>	<p>12</p> <p>9:00 Cardio and Dance ◊</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◊</p> <p>11:00 Wise Women Wondering</p> <p>11:30 Stich and Chit Chat</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>2:00 Ukelele Group</p>	<p>13</p> <p>9:00 Open House</p> <p>9:00 Mat Pilates ◊</p> <p>10:00 Knitting Group</p> <p>1:00 Afternoon Movie</p> <p>1:00 Cribbage (intermediate)</p>
<p>16</p> <p>9:00 Mat Yoga ◊</p> <p>10:00 Men's Coffee and Conversation</p> <p>11:00 Cardio-Yoga-Sculpt ◊</p> <p>11:00 St. Paddy's Flower Arranging ◊</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Cribbage</p> <p>1:00 Hand & Foot</p> <p>1:00 Irish Splendor Presentation with Collette Tours</p>	<p>17</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◊</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◊</p> <p>10:00 Mindfulness with Nancy</p> <p>12:00 St. Paddy's Day Luncheon ◊</p> <p>1:00 Canasta</p> <p>1:00 French Club</p> <p>2:00 Guess Who's Coming for Coffee & Cookies</p>	<p>18</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◊</p> <p>10:00 Craft Group</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p>	<p>19</p> <p>9:00 Cardio and Dance ◊</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◊</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>2:00 Ukelele Group</p>	<p>20</p> <p>9:00 Open House</p> <p>9:00 Mat Pilates ◊</p> <p>10:00 Knitting Group</p> <p>10:00 Senior Perk with Seacoast Lions</p> <p>11:00 Bridget's Lunch Bunch @ Fogarty's ◊</p> <p>1:00 Afternoon Movie</p> <p>1:00 Cribbage (intermediate)</p> <p>2:00 Parkinson's Support</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <p>9:00 Mat Yoga ◇</p> <p>10:00 Men's Coffee and Conversation</p> <p>11:00 Cardio-Yoga-Sculpt ◇</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Obituary Writing Class</p> <p>1:00 Cribbage</p> <p>1:00 Hand & Foot</p>	<p>24</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◇</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◇</p> <p>10:00 Mindfulness with Nancy</p> <p>12:00 SMAA Community Cafe</p> <p>1:00 Canasta</p> <p>1:00 Rugosa Lobster Boat Talk</p> <p>2:00 Guess Who's Coming for Coffee & Cookies</p>	<p>25</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◇</p> <p>10:00 Craft Group</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00 Book Club</p>	<p>26</p> <p>9:00 Cardio and Dance ◇</p> <p>9:00 Keep It Legal</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◇</p> <p>11:00 Social Club</p> <p>11:30 Stitch and Chit Chat</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>2:00 Ukelele Group</p> <p>2:00 Widow and Widower Social Group</p> <p>2:00 Alzheimer's Discussion Group</p>	<p>27</p> <p>9:00 Open House</p> <p>9:00 Mat Pilates ◇</p> <p>10:00 Knitting Group</p> <p>10:00 Senior Medicare Patrol Presentation</p> <p>11:00 Bridget's Lunch Bunch @ York River Landing and Shopping in Kittery ◇</p> <p>1:00 Afternoon Movie</p> <p>1:00 Cribbage (intermediate)</p>
<p>30</p> <p>9:00 Mat Yoga ◇</p> <p>10:00 Men's Coffee and Conversation</p> <p>11:00 Cardio-Yoga-Sculpt ◇</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Cribbage</p> <p>1:00 Hand & Foot</p>	<p>31</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◇</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◇</p> <p>10:00 Mindfulness with Nancy</p> <p>1:00 French Club</p> <p>1:00 Canasta</p> <p>1:00 Dewey's Travel Talk – Iceland: A Cultural Experience</p> <p>2:00 Guess Who's Coming for Coffee & Cookies</p>	<div style="border: 2px solid yellow; padding: 10px;"> <p>KEY</p> <p>Highlighted Program = New & Noteworthy</p> <p>◇ = Program Fee</p> <p>Bold Program = Off-Site Program or Fundraiser</p> </div>		