

# March 2025



| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday         |
|---|--|--|---|---|--|------------------|
| 23  | 24   | 25   | 26  | 27  | 28   | 1                |
|   |  |  |   |   | 9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knit or Not Group (L)<br>1:30 PM Dominos (DRL) | 1 PM Bridge (CR) |
| 2   | 3  | 4  | 5   | 6   | 7  | 8                |
| 1 PM Bridge (CR)<br>1 PM Movie Matinee<br>"Mama Mia!" (L)   | 10 AM Chair Yoga (FR)<br>11 AM Resident Mtg (DR)<br>1:30 PM Dominos (DRL)  | 10:00 Floor Yoga<br>10:45 AM Hannaford<br>12 - 2 Pop Health (H)<br>1 PM Acupuncture (DL)<br>1 PM Bridge (CR)<br>4:30 PM Mardi Gras Party | 10 AM Chair Yoga (FR)<br>1 PM Bridge (CR)   | 9:30 AM Open Art Studio (CR)<br>10:00 Floor Yoga<br>12:50 AM Hannaford                          | 9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knit or Not Group (L)<br>1:30 PM Dominos (DRL) | 1 PM Bridge (CR) |
| 9   | 10   | 11   | 12  | 13  | 14   | 15               |
| 1 PM Bridge (CR)<br>1 PM Movie Matinee "Out of Africa" (L)<br>Daylight Savings Begins...<br>Set your Clocks Ahead | 10 AM Chair Yoga (FR)<br>1:30 PM Dominos (DRL)<br>3 PM Understanding<br>Modern Art Lecture &<br>Activity (DL)              | 10:00 Floor Yoga<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)  | 10 AM Chair Yoga (FR)<br>1 PM Bridge (CR)<br>2 PM Heart (DR)  | 10:00 Floor Yoga<br>12:50 AM Hannaford<br>2 PM Michael Paul Lund<br>Broadway Part 2 (DL)        | 9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knit or Not Group (L)<br>1:30 PM Dominos (DRL) | 1 PM Bridge (CR) |
| 16  | 17   | 18   | 19  | 20  | 21   | 22               |
| 1 PM Bridge (CR)<br>1 PM Movie Matinee "The Devil Wears Prada" (L)  | 10 AM Chair Yoga (FR)<br>11 AM Dining Meeting (DL)<br>1:30 PM Dominos (DRL)<br>4 PM St. Patrick Party &<br>Coffee Bar (DR) | 10:00 Floor Yoga<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)<br>4 PM Hymn Sing                                    | 10 AM Chair Yoga (FR)<br>11 AM Marine Mammals<br>of Maine (DL)<br>1 PM Bridge (CR)<br>2 PM Heart (DR) | First Day of Spring!<br>9:30 AM CMCA<br>Workshop (CR)<br>10:00 Floor Yoga<br>12:50 AM Hannaford | 9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knit or Not Group (L)<br>1:30 PM Dominos (DRL) | 1 PM Bridge (CR) |
| 23  | 24   | 25   | 26  | 27  | 28   | 29               |
| 1 PM Bridge (CR)<br>1 PM Movie Matinee<br>"Ricki and the Flash" (L)   | 10 AM Chair Yoga (FR)<br>1:30 PM Dominos (DRL)   | 10:00 Floor Yoga<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)<br>4 PM The Jack for Bocce                           | 10 AM Chair Yoga (FR)<br>1 PM Bridge (CR)<br>2 PM Heart (DR)<br>4 PM North Woods Book<br>Reading (DR) | 10:00 Floor Yoga<br>12:50 AM Hannaford  | 9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knit or Not Group (L)<br>1:30 PM Dominos (DRL) | 1 PM Bridge (CR) |
| 30  | 31   | Notes  | Legend:<br>(CR)=Craft Room<br>(FR)=Fitness Room<br>(H)=Health Office 3rd Floor                        | (DR)=Dining Room<br>(DRL)=Dining Room Lounge<br>(CY)=Courtyard (Z)=Zoom                         | Cottage Trash - Tuesdays & Fridays 8:30 AM<br>Cottage Recycling - Thursday 8:30 AM                     |                  |
| 1 PM Bridge (CR)<br>1 PM Movie Matinee "Mama Mia! Here We Go Again" (L)   | 10 AM Chair Yoga (FR)<br>1:30 PM Dominos (DRL)   |  |   |   |  |                  |