

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Chair Yoga & Low Impact Exercises (YouTube videos) 5:45 pm</p> <p>1</p>	<p>Exercise 8:30/9:00 am</p> <p>2</p>	<p>Cardio Drumming w/Carol 9:30 am</p> <p>Chaplain Chat 1:00 pm</p> <p>Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am</p> <p>3</p>	<p>Exercise 8:30/9:00 am</p> <p>Games 2:00 pm</p> <p>Alzheimer's Support Group 3:00 pm (top of hill)</p> <p>4</p>	<p>Private 10:00 am</p> <p>Great Courses 1:00 pm</p> <p>5</p>	<p>Exercise 8:30/9:00 am</p> <p>Outing to Heinz History Center & Roman Bistro for those who have signed up – Depart 10:00 am</p> <p>6</p>	<p>Cardio Drumming w/Carol 9:30 am</p> <p>7</p>
<p>Chair Yoga & Low Impact Exercises (YouTube videos) 5:45 pm</p>  <p>8</p>	<p>Exercise 8:30/9:00 am</p> <p>Men's Lunch 12:00 pm (top of hill)</p> <p>Westmoreland Mall 1:00 pm</p> <p>9</p>	<p>Cardio Drumming w/Carol 9:30 am</p> <p>Chaplain Chat 1:00 pm</p> <p>Private 5:00 pm</p> <p>Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am</p> <p>10</p>	<p>Exercise 8:30/9:00 am</p> <p>Private (Employee Yoga) 2:00 pm</p> <p>11</p>	<p>Savvy Seniors 10:30 am</p> <p>Great Courses 1:00 pm</p> <p>Wine & Dine 4:00 pm</p> <p>12</p>	<p>Exercise 8:30/9:00 am</p> <p>Book Club 1:00 pm</p> <p>Cracker Barrel 11:00 am</p> <p>13</p>	<p>Cardio Drumming w/Carol 9:30 am</p> <p>14</p>
<p>Chair Yoga & Low Impact Exercises (YouTube videos) 5:45 pm</p> <p>15</p>	<p>Exercise 8:30/9:00 am</p> <p>Private 11:00 am</p> <p>BP Wellness Clinic 1:30 – 2:00 pm</p> <p>Kohl's/Aldi 1:00 pm</p> <p>16</p>	<p>Cardio Drumming w/Carol 9:30 am</p> <p>Chaplain Chat 1:00 pm</p>  <p>Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am</p> <p>St. Patrick's Day</p> <p>17</p>	<p>Exercise 8:30/9:00 am</p> <p>Community Management Meeting 11:00 am</p> <p>Drumming w/Cecily 2:30 pm</p> <p>18</p>	<p>Move & Groove 9:30 am</p> <p>Great Courses 1:00 pm</p> <p>19</p>	<p>Exercise 8:30/9:00 am</p> <p>Donuts 9:30 am</p> <p>Caliente Pizza 12:00 pm</p>  <p>20</p>	<p>Cardio Drumming w/Carol 9:30 am</p> <p>21</p>
<p>Chair Yoga & Low Impact Exercises (YouTube videos) 5:45 pm</p> <p>22</p>	<p>Exercise 8:30/9:00 am</p> <p>Parkinson's Support Group 1:30 pm</p> <p>Walmart/Target 1:00 pm</p> <p>23</p>	<p>NO DRUMMING TODAY</p> <p>Chaplain Chat 1:00 pm</p> <p>Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am</p> <p>24</p>	<p>Exercise 8:30/9:00 am</p> <p>Lunch Bunch 12:00 pm</p>  <p>25</p>	<p>Move & Groove 9:30 am</p> <p>Great Courses 1:00 pm</p> <p>26</p>	<p>Exercise 8:30/9:00 am</p> <p>Games 2:00 pm</p> <p>Rodnev's 3:00 pm</p> <p>27</p>	<p>Cardio Drumming w/Carol 9:30 am</p> <p>28</p>
<p>Chair Yoga & Low Impact Exercises (YouTube videos) 5:45 pm</p>  <p>29</p>	<p>Exercise 8:30/9:00 am</p> <p>30</p>	<p>Cardio Drumming w/Carol 9:30 am</p> <p>Chaplain Chat 1:00 pm</p> <p>Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am</p> <p>31</p>	 <h1>March 2026</h1> <p>North Huntingdon Villas – DETAILS ON REVERSE SIDE</p>			