

# Senior Wellness Programs — March 2025

Mon	Tue	Wed	Thu	Fri
March 3	4	5	6	7
10:00am <b>Seated SAIL</b>  <u>11:40am</u> <b>NEW Seated SAIL</b> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Chicken and Dumplings</i> <b>Tidbit Tuesday</b> <b>Jen from East Pierce Fire and Rescue</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>9am-12p, SHIBA Appts. with Dave</b> <b>Green River students 11:15am</b> Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	 <p><b>"May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face, and the rains fall soft upon your fields."</b></p> 
10	<b>Birthday Tuesday</b> 11	12	13	
10:00am <b>Seated SAIL</b>  <u>11:40am</u> <b>NEW Seated SAIL</b> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Potato and Corn Chowder</i> <b>Entertainment by CC Engel</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm  <b>NEW Square Dance Class—5:30 pm</b>	10:00am SAIL <b>Aerobics</b>  <b>Green River students 11:15am</b> Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
17	18	19	20	
10:00am <b>Seated SAIL</b>  <u>11:40am</u> <b>NEW Seated SAIL</b> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Corned Beef and Cabbage Casserole</i> <b>St. Patrick's Game Day</b>	<b>Closed for MVCC Event</b> <b>No Exercise Class</b> <b>No OMA</b>	10:00am SAIL <b>Aerobics</b> <b>9am-12p, SHIBA Appts. with Dave</b> Krafty Krafter's Open House 11:30am-2:00pm <b>Paint and Sip 11:30am</b>  Seeds of Change Dinner 5:30-6:30pm	
24	25	26	27	
10:00am <b>Seated SAIL</b>  <u>11:40am</u> <b>NEW Seated SAIL</b> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Mike's Pork chops</i> <b>Bingo</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm  <b>NEW Square Dance Class—5:30 pm</b>	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
31	Apr 1	2	3	
10:00am <b>Seated SAIL</b>  <u>11:40am</u> <b>NEW Seated SAIL</b> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>French Toast Casserole</i> <b>Tidbit Tuesday</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	