

Senior Programs - March 2026

MON	TUE	WED	THU	FRI
2 10am Seated SAIL	3 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Lunch & Learn w/Ann Southard-Ferrell (Family Resource Home Care)	4 10am Seated SAIL 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	5 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	6
9 10am Enhance Fitness	10 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Birthday Celebration w/Naomi Morgan	11 10am Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	12 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	13
16 10am Enhance Fitness	17 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Q&A w/Mayor Olson	18 CANCELLED 10:00am Seated SAIL 11:30am Seated SAIL with Jan	19 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	20
23 10am Enhance Fitness 12-2pm OMA Dementia Class	24 11am SAIL Aerobics 12:15pm Senior Cafe Lunch	25 10am Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	26 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	27
30 10am Enhance Fitness 12-2pm OMA Dementia Class	31 11am SAIL Aerobics 12:15pm Senior Cafe Lunch	1 10am Enhance Fitness 11:30am Seated SAIL with Jan 12:45pm Writers Support Group	2 10am SAIL Aerobics 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	3

