









East Cleveland

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11:00 Dance for everybody class</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>3</p> <p>9:45 ART w/Laura</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p>4</p> <p>10:00 Dominoes</p> <p>12:00 Lunch w/ Chef</p> <p>1:00 Bible Study</p>	<p>5</p> <p>9:30 Dominoes</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch</p> <p>12:30 Craft Time</p>	<p>6</p> <p>10:00 Dominoes</p> <p>10:30 Tech Corner</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>9</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>10</p> <p>9:45 ART w/Laura</p> <p>11:00 Special Trip</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p>11</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 Yoga</p>	<p>12</p> <p>10:00 My Mom, My Health & Me</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch</p> <p>12:30 Craft Time</p>	<p>13</p> <p>10:00 Goal Setting & Budgeting</p> <p>10:30 Tech Corner</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>16</p> <p>10:00 Games</p> <p>11:00 Dance for everybody class</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>17</p> <p>9:45 ART w/Laura</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p>18</p> <p>10:00 Dominoes</p> <p>12:00 Lunch w/ Chef</p> <p>1:00 Bible Study</p>	<p>19</p> <p>9:30 Dominoes</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch</p> <p>12:30 Craft Time</p>	<p>20</p> <p>10:00 Dominoes</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>23</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>24</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p>25</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 Yoga</p>	<p>26</p> <p>9:30 Dominoes</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch</p> <p>12:30 Craft Time</p>	<p>27</p> <p>10:00 Understanding Credit & Debt</p> <p>10:30 Tech Corner</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>30</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>31</p> <p>10:30 Creative Aging program</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p></p> <p>CALL ON MONDAY FOR NEXT WEEK'S TRANSPORTATION & MEAL ORDER</p>	<p><i>Women's</i> History Month</p> 	<p>March into Nutrition Month</p> <p>Take small steps to healthier eating</p>  <p>Eat one more fruit and vegetable each day</p>