



# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>03/08/2026</b>	<b>03/09/2026</b>	<b>03/10/2026</b>	<b>03/11/2026</b>	<b>03/12/2026</b>	<b>03/13/2026</b>	<b>03/14/2026</b>
	9:00 AM: Muscle Movement Balance- Mondays 9:00 AM: Create a Life Transition Binder Series 9:30 AM: Ballet Dance 9:30 AM: Billiards Organized Play 10:30 AM: Zumba Gold with Cecilia- Mondays 10:30 AM: Intergenerational Music and Movement Little Beats 10:30 AM: Introduction to Mosaics Series- MAKE-UP DATE FOR WINTER MINI SERIES 11:00 AM: Mat Yoga- Mondays 11:00 AM: Words to Leave Behind Writing Class Series 11:00 AM: Low Vision Tech Tutoring with MABVI- training 12:00 PM: Beginner Tai Chi- Mondays 12:30 PM: Seated Strength & Balance- Mondays 1:00 PM: Introduction to Clay Series 1:30 PM: Line Dancing 2:00 PM: Chair Massage 2:00 PM: Chess Organized Play 4:30 PM: Non-Fiction Book Club- 1929 by Andrew Ross Sorkin 6:00 PM: LGBTQIA Plus Social Group	9:00 AM: Muscle Movement Balance- Tuesdays 9:30 AM: ChairOne Seated Dance 9:30 AM: Coffee & Conversation Social Group 9:30 AM: Introduction to Watercolor Painting Series 9:30 AM: Spanish Conversation Group 10:30 AM: LaBlast Dance Fitness- Tuesdays 10:30 AM: Special Event- Gorgeous Gardens of New England part 1 11:00 AM: Basics of 8 Ball Series 11:00 AM: Billiards Instruction for Beginners 12:00 PM: Chair Yoga- Tuesdays 12:00 PM: Intermediate Clay Series 12:30 PM: German Conversation Group 12:30 PM: Advanced Tai Chi- Tuesdays 1:30 PM: Cooper Center Music Makers Band 2:00 PM: Intermediate Tai Chi- Tuesdays 2:00 PM: Parkinsons Support Group 2:00 PM: Bridge Organized Play 3:00 PM: Tong Ren Energy Healing Series	8:00 AM: Brunch 9:00 AM: Drawing Studio 9:30 AM: Tai Chi Practice 9:30 AM: Mandarin Conversation Group 9:30 AM: Billiards Organized Play 9:30 AM: Mah Jongg Organized Play 11:00 AM: Nia Dance 12:00 PM: Seated Strength & Balance- Wednesdays 12:30 PM: Dance Aerobics 12:30 PM: Loneliness & Isolation Support Group 12:30 PM: Tech Tutoring with Sunmin- Mac, iPad, iPhone 12:30 PM: Tech Tutoring with Yael- Windows-Android-Jitterbug 1:30 PM: Movie Screening- The Substance 4:30 PM: Theatre Readers Workshop Series	8:00 AM: Brunch 9:00 AM: Chair Yoga- Thursdays 9:00 AM: Billiards Tournament 9:30 AM: Mindful Meditation 9:30 AM: Japanese Ink Painting Series 9:30 AM: MetroWest Legal Clinic 10:30 AM: Muscle Movement Balance- Thursdays 11:00 AM: Mat Yoga - Thursdays 11:00 AM: CANCELLED TODAY- Poker Organized Play 12:00 PM: Zumba Gold - Carole 12:30 PM: French Conversation Group 12:30 PM: Ageless Grace Chair Exercise Series 12:30 PM: Rumikub and Canasta Organized Play 1:30 PM: Special Event- Concert with Clara Chan 2:00 PM: Seated Zumba Dance 2:00 PM: Tech Tutoring with Martin: Spanish, Mac, iOS, Apple watch 2:00 PM: Tech Tutoring with Tom: Windows, iPad, iPhone, Apple watch 4:30 PM: Newton North High School Chamber Music Club- Classical Music Recital 6:00 PM: Optimizing your Retirement Finances Series 7:00 PM: Evening Mat Yoga	8:00 AM: Brunch 9:00 AM: Zumba Gold with Cecilia- Fridays 9:30 AM: Advanced Tai Chi- Fridays 9:30 AM: Tech Tutoring with Gerry: Windows, Android, Mandarin 9:30 AM: Tech Tutoring with Samuel: Mac, iOS, Apple watch 9:30 AM: Billiards Organized Play 9:30 AM: Mah Jongg Organized Play 10:00 AM: Ceramics Open Studio for Registered Students 10:30 AM: Beginner Tai Chi- Fridays 11:00 AM: Mat Yoga- Fridays 12:00 PM: Chair Pilates 12:30 PM: Intermediate Tai Chi- Fridays 12:30 PM: Lifetime Learning Literature Series 1:00 PM: Beginner Pool Lessons 1:30 PM: LaBlast Dance Fitness- Fridays 1:30 PM: Introduction to Digital Technology Series 1:30 PM: Arts & Crafts Acrylic Event with GetCreative0- Acrylic Painting 2:00 PM: Table Tennis Organized Play 3:00 PM: Mat Pilates	9:00 AM: Drawing Studio 12:30 PM: Saturday Scrabble 2:00 PM: Acoustic Music Jam and Sing