

# MARCH 2026



## Monday

10am - Crochet Class 2  
11am - Line Dance  
12pm - Midday Lunch Mingle  
1pm - Meditation /Breathing  
2pm - Technology Class (Emails)

10am - Morning Meditation 9  
11am - Line Dance  
12pm - Midday Lunch Mingle  
International Women Day (Tea Party) 1pm-3pm

10am - Crochet Class  
11am Line Dance  
12pm -Midday Lunch Mingle  
1pm - Health Promotion  
2pm - Chair Exercise (Soca)

10am - Pool Lessons 23  
11am - Technology Class: (Amazon)  
12pm - Midday Lunch Mingle  
1pm- Meditation/Breathing  
2pm - Recreational Games

10am - Crochet Class 30  
11am - Pool Lessons  
12pm - Midday Lunch Mingle  
Lucky to have you Jewelry Making 1pm-3pm

## Tuesday

10am - Health Promotion 3  
11am - Creative Arts SMBP\*  
12pm - Midday Lunch Mingle  
1pm - Pool Lessons  
2pm - Chair Exercise (Salsa)

10am- MET Box Creative Arts 10  
11am - Crochet Class SMBP\*  
12pm- Midday Lunch Mingle  
1pm- Technology Class: Merging Calls Setting Alarms / Reminders  
2pm - Line Dance

10am - Nutrition Class 17  
11am - Ease & Stretch SMBP\*  
12pm - Midday Lunch Mingle  
1pm - Smoothie Day (Detox)  
2pm- Line Dance

10am - Health Education 24  
11am - Crochet Class SMBP\*  
12pm - Midday Lunch Mingle  
1pm- Presentation: NYC Department of Health and Mental Hygiene : Dementia  
2pm - Pool Lesson

10am - Creative Arts 31  
11am - Zumba Chair Exercise  
12pm - Midday Lunch Mingle  
1pm - Technology Class  
2pm - Recreational Games

## Wednesday

10am - Creative Arts 4  
11am -Ease & Stretch  
Dance Reherseal  
12pm - Midday Lunch Mingle  
1pm- Fueled By Engagement: "I Ask , You Answer"  
2pm- Pool Lessons

10am - Creative Arts 11  
11am - Zumba Chair Exercise  
12pm - Midday Lunch Mingle  
Word Search Showdown 1-3pm

10am - Creative Arts 18  
11am - Zumba Chair Exercise  
12pm - Midday Lunch Mingle  
1pm- BINGO  
2pm - Recreational Games  
Dance Reherseal

10am - Creative Arts 25  
11am - Chair Exercise  
12pm - Midday Lunch Mingle  
1pm- Presentation: FDNY  
2pm- Recreational Games  
Dance Reherseal

## Thursday

10am - Crochet Class 5  
11am Creative Arts  
12pm -Midday Lunch Mingle  
1pm - Mental Exercise/ Trivia Games  
2pm - Line Dance

10am - Crochet Class 12  
11am - Creative Art -DF SMBP\*  
12pm -Midday Lunch Mingle  
1pm -Fueled By Engagement: "I Ask , You Answer"  
2pm -Recreational Games

10am - Morning Meditation 19  
11am -Pool Lessons SMBP\*  
12pm - Midday Lunch Mingle  
1pm-3pm Movie Day

10am - Technology Class (Uber) 26  
11am -Line Dance SMBP\*  
12pm -Midday Lunch Mingle  
1pm- Presentation: SHOPP Violence Intervention & Prevention (VIP) Program  
2pm-Pool Lessons

## Friday

10am - Creative Arts 6  
11am - Ease & Stretch RN\*  
12pm - Midday Lunch Mingle  
1pm- NORC Member Meeting FEBRUARY BIRTHDAY CELEBRATION  
Dance Reherseal

11am-NORC BRUNCH 13 RN\*  
1pm- Play Performance By the Unity Unlimited Players

10am - Creative Arts 20  
11am - Recreational Games RN\*  
12pm - Midday Lunch Mingle  
1pm- Health Education (Nurse Maria)  
2pm- Mediation/Breathing

MARCH MADNESS 27 RN\*  
11AM-2PM  
2 PM - NORC MEMBER MEETING  
MARCH BIRTHDAY CELEBRATION

## REMINDERS

**RN ON SITE EACH & FRIDAY**  
**SMBP- SELF MONITOR BLOOD PRESSURE STATION**  
**TUESDAY'S & THURSDAY'S**

- ~Due to the weather Month of February Birthday Celebration - 03/06
- ~International Women Day Tea Party - 03/09
- ~Word Search show Down - 03/11
- ~Performance by the Unity Unlimited Players - 03/13
- ~Presentation : NYC Department of health & Mental Hygiene - 03/24
- ~Presentation : FDNY - 03/25
- ~Presentation : SHOPP VIP Program - 03/26
- ~March Madness Tournament - 03/27

- ### FUNDING PARTNERS
- NYC AGING
  - NYC DEPARTMENT OF YOUTH AND COMMUNITY DEVELOPMENT
  - NYS OFFICE OF VICTIM SERVICES
  - NYS DEPRATMENT OF THE AGING

