

# MARCH 2026 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Clubhouse Closed	2 Clubhouse Closed	3 Clubhouse Closed	4 Clubhouse Closed	5 Limited Dinner Service 4:30 - 8:00 PM	6 Limited Dinner Service 4:30 - 8:00 PM  Double Bubble 4:30 - 8:00 PM	7 Limited Dinner Service 4:30 - 8:00 PM
8 Clubhouse Closed	9 Clubhouse Closed	10 Clubhouse Closed	11 Clubhouse Closed	12 Limited Dinner Service 4:30 - 8:00 PM	13 Limited Dinner Service 4:30 - 8:00 PM  Double Bubble 4:30 - 8:00 PM	14 Limited Dinner Service 4:30 - 8:00 PM
15 Clubhouse Closed	16 Clubhouse Closed	17 Clubhouse Re-Opens	18 Annual Meeting  St Patrick's Day Buffet 5:00 - 8:00 PM	19	20 Fish Fry 5:00 - 8:00 PM	21
22 Sunday Brunch 10:30 AM - 1:00 PM	23 Clubhouse Closed	24	25 Euchre Night in the Pub	26	27 Fish Fry 5:00 - 8:00 PM	28 Asian Noodle Bar 5:00 - 8:00 PM
29 Sunday Supper 3:00 - 7:00 PM	30 Clubhouse Closed	31				

## ANNUAL SHUTDOWN

Sunday, February 15<sup>th</sup> - Monday, March, 16<sup>th</sup>

**No Lunch - Limited Dinner Service**

Thursday - Saturday 4:30 - 8:00 PM

## NORMAL DINING HOURS

Tuesday, March 17<sup>th</sup> - Tuesday, March 31<sup>st</sup>

**Lunch:** Tuesday - Friday 11:00 AM - 2:00 PM

**Dinner:** Wednesday - Saturday 5:00 - 8:00 PM

# MARCH 2026 WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Yoga Classes are one hour. All other classes are 45 minutes.</i>						
8:00 AM		Functional Training		Functional Training		
9:00 AM	Functional Training		Functional Training			
10:00 AM				Tai Chi		
11:00 AM	Chair Yoga	Chair Strength	Yoga	Chair Strength	Chair Yoga	
5:30 PM	Dance Fitness	Dance Fitness				

## CLASS DESCRIPTIONS

**FUNCTIONAL TRAINING** - You will be using all varieties of fitness equipment and your own bodyweight in this class. This class is as little or as much as you want it to be. It will complement your current workouts.

**TAI CHI** - Tai Chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life. Tai Chi consists of slow, fluid, gentle movements. Breathing is slow, relaxed and deep to aid concentration. Tai Chi can be done almost anywhere and is suitable for individuals of all fitness levels. It is often referred to as meditation in motion.

**YOGA** - a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

**CHAIR YOGA**- Great for all levels. Rehabbing an injury? Needing more stability while exercising? Can't get down on the floor for exercises? This class can be as little or as much as you want it to be. Using dumbbells, bands, physiotherapy, balls etc.

**DANCE FITNESS** - let's get your body moving to some great music. The weight loss is just an added bonus.

**PERSONAL TRAINING** with Sara! Meet with Sara to go over your wellness goals and needs. She will work with you privately or grab a couple friends for a small group sessions!

*\*Schedule subject to change\**