








March 2025

Community Room Event Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	 SilverSneakers 9AM-10AM Hellman Education Series 11AM - 12PM	5	6	 SilverSneakers Chair Yoga 3PM - 4PM
10	 SilverSneakers 9AM-10AM Pop-Up Stretch Lab 10AM - 11:30AM	12	Hellman Blood Drive 10AM - 3PM	 SilverSneakers Chair Yoga 3PM - 4PM
Monthly Bingo 2PM - 4PM	 SilverSneakers 9AM-10AM Hellman Education Series 11AM - 12PM	19	20	Pop-Up Stretch Lab 1:30M - 2:30PM  SilverSneakers Chair Yoga 3PM - 4PM
24	 SilverSneakers Classic 9AM - 10AM	26	27	28

