



MARCH 2026



172 Lake St Coventry, CT 06238  860-742-3525

Monday

Tuesday

Wednesday

Thursday

Friday

2
10:00- Chair Yoga
11:00-Cribbage



3
10:00- FREE
Workout Video



11:00- Setback
1:00- Bingo

4
9:30- Tai Chi
11:00- Celtic Folk



5
9:30- Mahjongg
10:00- FREE
Workout Video



1:00- Sewing

6
10:30- Coffee



9
10:00- Chair Yoga
11:00-Cribbage



10:30- Massage
w/Andrea

10
10:00- FREE
Workout Video



11:00- Setback
1:00- Bingo

11
9:30- Tai Chi
10:00- Medicare
Webinar

10:45-Jam Session
11:00- Crafternoon

12
9:30- Mahjongg
10:00- FREE
Workout Video



1:00- Sewing

13
9:00- AARP Taxes
10:00- Grief
Support-
CANCELLED



11:00- Spring Fling

16
9:30-Footcare
10:00- Chair Yoga
11:00-Cribbage



17
10:00- FREE
Workout Video

11:00- Setback
1:00- Bingo
2:00- Tech
Tuesday

18
9:30- Tai Chi
11:30- Irish Music
Event



19
9:30- Mahjongg
10:00- FREE
Workout Video



1:00- Sewing

20
9:30- Haircuts
10:00- Vet Health
Clinic



10:30- Coffee

23
10:00- Chair Yoga
11-Cribbage



24
10:00- FREE
Workout Video



11:00- Setback
1:00- Bingo

25
9:30- Tai Chi
10:45- Jam
Session



11:00: Out to lunch
Departure from
SC
1:30- Book Club

26
9:30- Mahjongg
10:00- FREE
Workout Video

10:00- Council
Chair
Lisa Thomas
1:00- Sewing

27
10:00- Grief
Support

9:00- AARP
Taxes



11:30- Writings &
Ramblings

30
10:00- Chair Yoga
11:00-Cribbage



11:00- Massage
w/ Jackie

31
10:00- FREE
Workout Video



11:00- Setback
1:00- Bingo

1
9:30- Tai Chi



2
9:30- Mahjongg
10:00- FREE
Workout Video



1:00- Sewing

3

