

McGuire Senior Center Activity Calendar March 2026

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|--|---|---|-----------|
| 1 | 2 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise | 3 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – My Left Foot | 4 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting | 5 10:00 Debunking Aging Myths with Unicity 11:15 Chair Pilates with Kim 12:00 Painting Workshop | 6 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO | 7 |
| 8 | 9 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise 12:00 – 2:00 Get Connected | 10 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Waking Ned Devine | 11 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve | 12 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim | 13 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO | 14 |
| 15 | 16 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise 12:00 – 2:00 Get Connected | 17 9:30 Trip to ShopRite 10:00 St. Patrick's Day Bagel Breakfast 10:30 Stretch & Strengthen with Betsy 11:30 Movie – The Quiet Man | 18 9:30 Blood Pressure Check 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 12:15 Golden Age Pizza Bingo | 19 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 St. Patrick's Day Party | 20 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO | 21 |
| 22 | 23 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise 12:00 – 2:00 Get Connected | 24 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – P.S. I Love You | 25 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve <i>VITA Free Tax Prep (By Appt)</i> | 26 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim <i>VITA Free Tax Prep (By Appt)</i> | 27 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO | 28 |
| 29 | 30 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise | 31 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Small Things Like These | | | | |