

Senior Activity Calendar

March 2026

For help with resources, call Katie T. at 303-335-4919

For other senior questions, call Katie B. at 303-335-4914

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>2</p> <p>9 Massage with Erica 1:15 Bridge 1:15 Chess Club 3 Introduction to Yang Style Tai Chi 4 Introduction to Yang Style Tai Chi</p>	<p>3</p> <p>9 Massage with Erica 9 Tech Guru, Drop-In Technology Help 11:15 Zumba Gold Chair 1:15 Senior Tap Dancing 1:15 American Mah Jongg</p>	<p>4</p> <p>9 Massage with Erica 10 Panera Bread 11 Oldies Sing Along 12:45 Scrabble 1 Intermediate & Advanced Line Dance 1:15 Open Game Day 3 Yang Style Tai Chi 1 4 Yang Style Tai Chi 2 -Wednesdays 5:15 Yang Style Tai Chi 3-Wednesdays</p>	<p>5</p> <p>8:30 Ukemi-Learn to Fall Safely 9 Tax Aide Appointments 9 Massage with Erica 9 Loving Hands 11:15 Zumba Gold Chair 1:15 Beginning Line Dance 1:15 Samba 2:15 Improvers Line Dance</p>	<p>6</p> <p>9 Chair Massage 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 1 Massage with Erica 1:15 Advanced/Intermediate Duplicate Bridge</p>	<p>7</p> <p>8 Soul Massage available 9 Yang Tai Chi Sword 10 Yang Style Tai Chi 3-Saturdays 10 Meditation 11:30 Yang Style Tai Chi 2-Saturdays 6:30 Trip to CU Theater for Oklahoma!</p>
<p>9</p> <p>9 Massage with Erica 10 Beginner American Mah Jongg Class 1:15 Bridge 1:15 Chess Club 3 Introduction to Yang Style Tai Chi 4 Introduction to Yang Style Tai Chi</p>	<p>10</p> <p>8:30 Medical Footcare 9 Tech Guru, Drop-In Technology Help 11:15 Zumba Gold Chair 1:15 Senior Tap Dancing 1:15 American Mah Jongg</p>	<p>11</p> <p>9 Massage with Erica 10 Beginner American Mah Jongg Class 10 Panera Bread 11 Oldies Sing Along 12:45 Scrabble 12 Willmaker Legal Seminar 1 Intermediate & Advanced Line Dance 1 Boulder County Medicare Counseling 1:15 Open Game Day 3 Yang Style Tai Chi 1 4 Yang Style Tai Chi 2 -Wednesdays 4:15 Trip to Comedy Works in Denver 5:15 Yang Style Tai Chi 3-Wednesdays</p>	<p>12</p> <p>8:30 Ukemi-Learn to Fall Safely 9 Massage with Erica 9 Loving Hands 11:15 Zumba Gold Chair 1 Senior Cinema-The Way We Were – 1973 version 1:15 Beginning Line Dance 1:15 Samba 2:15 Improvers Line Dance</p>	<p>13</p> <p>9 Chair Massage 10 Art Club 10 Latte Friday 10 Coffee with Senior Staff 11 Singin' Seniors Choir 11 Massage with Erica 1:15 Advanced/Intermediate Duplicate Bridge</p>	<p>14</p> <p>8 Soul Massage available 9 Yang Tai Chi Sword 10 Yang Style Tai Chi 3-Saturdays 10 Meditation 11:30 Yang Style Tai Chi 2-Saturdays</p>

<p>16</p> <p>9 Massage with Erica 10 Beginner American Mah Jongg Class 1:15 Bridge 1:15 Chess Club 3 Introduction to Yang Style Tai Chi 4 Introduction to Yang Style Tai Chi</p>	<p>17</p> <p>9 Massage with Erica 9 Tech Guru, Drop-In Technology Help 11:15 Zumba Gold Chair 12 Pot O'Gold Gala (St. Patrick's Event) 1:15 Senior Tap Dancing 1:15 American Mah Jongg</p>	<p>18</p> <p>9 Massage with Erica 10 Beginner American Mah Jongg Class 10 Panera Bread 11 Oldies Sing Along 12:45 Scrabble 1 Intermediate & Advanced Line Dance 1:15 Open Game Day 3 Yang Style Tai Chi 1 4 Yang Style Tai Chi 2 -Wednesdays 5:15 Yang Style Tai Chi 3-Wednesdays</p>	<p>19</p> <p>9 Tax Aide Appointments 9 Massage with Erica 9 Loving Hands 11:15 Zumba Gold Chair 1:15 Beginning Line Dance 1:15 Samba 2:15 Improvers Line Dance</p>	<p>20</p> <p>9 Chair Massage 10 Art Club 10 Latte Friday 11 Blood Pressure Checks 11 Singin' Seniors Choir 11 Massage with Erica 1:15 Advanced/Intermediate Duplicate Bridge</p>	<p>21 Saturday</p> <p>8 Soul Massage 9 Yang Style Tai Chi Sword 10 Yang Style Tai Chi 3-Saturdays 10 Meditation 11:30 Yang Style Tai Chi 2-Saturdays</p> <p>22 Sunday</p> <p>9:15 Trip to Denver PowWow</p>
<p>23</p> <p>9 Hearing Screenings 9 Massage with Erica 1:15 Bridge 1:15 Chess Club 3 Introduction to Yang Style Tai Chi 4 Introduction to Yang Style Tai Chi</p>	<p>24</p> <p>8:30 Medical Footcare 9 Massage with Erica 11:15 Zumba Gold Chair 1 AARP Smart Driver Class 1 Community Stories: Spring 1 Book Club-<i>The God of the Woods</i> 1:15 Senior Tap Dancing 1:15 American Mah Jongg</p>	<p>25</p> <p>9 Massage with Erica 10 Panera Bread 11 Oldies Sing Along 12:45 Scrabble 1 Intermediate & Advanced Line Dance 1:15 Open Game Day 3 Yang Style Tai Chi 1 4 Yang Style Tai Chi 2 -Wednesdays 5:15 Yang Style Tai Chi 3-Wednesdays</p>	<p>26</p> <p>8:30 Ukemi-Fall Safely 9 Tax Aide Appointments 9 Massage with Erica 9 Loving Hands 11:15 Zumba Gold Chair 1 Community Stories: Spring 1:15 Beginning Line Dance 1:15 Samba 2:15 Improvers Line Dance</p>	<p>27</p> <p>9 Chair Massage 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 11 Massage with Erica 1:15 Advanced/Intermediate Duplicate Bridge</p>	<p>28</p> <p>8 Soul Massage available 9 Yang Style Tai Chi Sword 10 Yang Style Tai Chi 3-Saturdays 10 Meditation 11:30 Yang Style Tai Chi 2-Saturdays</p>
<p>30</p> <p>9 Massage 1:15 Bridge 1:15 Chess 3 Introduction to Yang Style Tai Chi 4 Introduction to Yang Style Tai Chi</p>	<p>31</p> <p>9 Massage with Erica 11:15 Zumba Gold Chair 1:15 Senior Tap Dancing 1:15 American Mah Jongg</p>				