

March 2026 Calendar  
Written Descriptions

**Monday 3/2/26**

10:00 am

**Better Balance:** Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

11:00 am

**Music in Motion:** Join us for a series of gentle movements designed to relax the muscles of your body through structured exercise. The blend of movement and music focuses on coordination, flexibility, and relaxation. Followed by upbeat music and dance moves to enhance your skills and elevate your mood. Sitting or standing; this activity is great for everyone.

1:00 pm

**Toss and Talk:** A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

2:00 pm

**Retro TV Bingo: Test** your memory in this fun twist on a classic game! In Retro TV Bingo, participants match pictures of TV shows from the past. Shows that shaped your childhood, or those you watched as a family. Ones with catchy theme songs, or those you only remember hearing about from your parents. This lively and interactive activity encourages active listening, memory recall, and social interaction, and of course fun! Get ready to call out "Bingo" while reminiscing about shows and characters that shaped our lives.

**Tuesday 3/3**

10:00 am

**Grounded in Motion:** A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

11:00 am

**Bingo!** Listen for the number and mark it on your card. When you have 5 in a row – Yell BINGO!! Enjoy a classic game of chance with multiple ways to win. Bingo helps improve attention to task, memory and meaningful interactions while having fun - you may even win a prize!

1:00 pm – **GAME DAY!! – Join us for an afternoon of classic games and fun!!!**

**Family Feud!** Based on the classic TV program, compete to come up with the best list of answers to questions on a variety of topics, such as food, music, TV shows, and other familiar categories. A fun battle of educated guesses and quick thinking. Participants play as a team to rack up points while enhancing memory, recall, word associations, and socialization skills. Join us to see who becomes the Family Feud Champion!

2:00 pm

**Name that Tune:** Using a sharp ear and quick mind, see how fast you can "Name that Tune". A casual version of a classic game show. Enjoy a good time with others while you compete to see who can name the most tunes. Enhance your auditory and verbal processing skills while sharing musical experiences. Dancing, clapping, and singing along are strongly encouraged!

## Wednesday 3/4

10:00 am

**Jeopardy!:** Based on the classic TV program, compete to test your knowledge on a variety of topics, such as food, music, TV shows, and other familiar categories. Participants play as a team to rack up points while enhancing recall, word associations, and socialization skills. Join us and see who becomes the Jeopardy Champion!

11:00 am

**Art Expression: Family Crests:** A personal or family crest symbolizes values and interests that mean the most to you and/or your family. Join us for an artistic journey through your history. Enhance fine motor skills, visual processing, and organization as you choose colors, animals, and other symbols to design a personal or family crest that represents your identity!

## Thursday 3/5

10:00 am

**Music in Motion:** Join us for a series of gentle movements designed to relax the muscles of your body through structured exercise. The blend of movement and music focuses on coordination, flexibility, and relaxation. Followed by upbeat music and dance moves to enhance your skills and elevate your mood. Sitting or standing; this activity is great for everyone.

11:00 am

**SNOW MOTION!!!** Snow Motion is an upbeat series of movement-based activities that challenge your mind as well as your body. Work as part of a team to complete tasks such as “cocoa toss” and “snowball swap”. A winter themed twist on movement and game day fun!

1:00 pm

### **Dancing with ARTBEAT LI:**

Join the ARTBEAT LI team for an afternoon of dancing to improve physical well-being, social engagement, confidence, and self-esteem. This dance lesson builds movement skills and creativity through rhythm and the joy of music. The lesson includes instructions on how to perform one of several popular dances, with special instructions given for those who need to remain seated.

2:00 pm

**Music Bingo:** Test your musical memory in this fun twist on a classic game! In Music Bingo, participants listen to short clips of familiar tunes—from oldies to favorites—and match what they hear to their Bingo cards. This lively and interactive activity encourages active listening, memory recall, and social interaction, all while enjoying the joy of music. Sing along, tap your feet, and get ready to call out “Bingo”!

## Friday 3/6

10:00 am

**Wheel of Fortune:** You’ve got to spin it to win it! Just like the popular game show, you’ll spin the wheel to earn points as you guess letters to a word puzzle on the board. Test your knowledge, language, and processing skills while enjoying some friendly competition.

11:00 am

**Group Word Search:** Give your brain a workout searching the grid to find the words. Challenge your language and visual processing skills, and sharpen your attention when you join in the fun. Think creatively and use a keen eye to explore the puzzle and find the correct word. Engage in friendly conversation that supports mental agility and social connections.

## Monday 3/9

10:00 am

**Grounded in Motion:** A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

11:00 am

**Art Expression: Family Crests:** A personal or family crest symbolizes values and interests that mean the most to you and/or your family. Join us for an artistic journey through your history. Enhance fine motor skills, visual processing, and organization as you choose colors, animals, and other symbols to design a personal or family crest that represents your identity!

1:00 pm – **GAME DAY!! – Join us for an afternoon of classic games and fun!!!**

**Family Feud!:** Based on the classic TV program, compete to come up with the best list of answers to questions on a variety of topics, such as food, music, TV shows, and other familiar categories. A fun battle of educated guesses and quick thinking. Participants play as a team to rack up points while enhancing memory, recall, word associations, and socialization skills. Join us to see who becomes the Family Feud Champion!

2:00 pm

**Name that Tune:** Using a sharp ear and quick mind, see how fast you can "Name that Tune". A casual version of a classic game show. Enjoy a good time with others while you compete to see who can name the most tunes. Enhance your auditory and verbal processing skills while sharing musical experiences. Dancing, clapping, and singing along are strongly encouraged!

## Tuesday 3/10

10:00 am

**Group Word Search:** Give your brain a workout searching the grid to find the words. Challenge your language and visual processing skills, and sharpen your attention when you join in the fun. Think creatively and use a keen eye to explore the puzzle and find the correct word. Engage in friendly conversation that supports mental agility and social connections.

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2:00 pm

**Better Balance:** Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

## Wednesday 3/11

10:30 am – 12:30 pm

**Welcome Spring! Brunch:** Join us for brunch and connect with old friends and new. A social gathering focusing on good food, and good conversation. Information on upcoming and new programs for Spring and Summer will be discussed.

## Thursday 3/12

10:00am

**Better Balance:** Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

11:00 am

**Music in Motion:** Join us for a series of gentle movements designed to relax the muscles of your body through structured exercise. The blend of movement and music focuses on coordination, flexibility, and relaxation. Followed by upbeat music and dance moves to enhance your skills and elevate your mood. Sitting or standing; this activity is great for everyone.

1:00 pm – **GAME DAY!! – Join us for an afternoon of classic games and fun!!!**

**The Price is Right!:** Come on Down!! This casual version based on the popular TV show invites individuals to challenge your memory, visual and auditory processing skills to come up with the closest price for the items shown. Enjoy a good time, engaging in discussion and maybe win a prize!

2:00 pm

**UNO!:** Join us for a few rounds of the highly popular card game UNO! played by millions around the globe! To win, match the cards in your hand to the ones on the pile by number, color or symbol until you have no cards left. When you get to your last card don't forget to shout UNO! This game promotes verbal expression, improved attention, and social interactions. It's loads of fun!

## Friday 3/13

10:00 am

**Toss and Talk:** A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

11:00 am

**Grounded in Motion:** A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

## Monday 3/16

10:00 am

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11:00 am

**Wheel of Fortune:** You've got to spin it to win it! Just like the popular game show, you'll spin the wheel to earn points as you guess letters to a word puzzle on the board. Test your knowledge, language, and processing skills while enjoying some friendly competition.

1:00 pm

**Yoga Bingo:** A literal 'twist' on the classic bingo game, players will perform a variety of simple, seated yoga poses and stretches, as shown on their card (and demonstrated by the instructor). Experience healthy movement for your body, while also engaging your mind. An old favorite, done in a new way!

2:00 pm

**Spring Poetry:** Recite a poem you enjoy or listen to others. Engaging auditory, visual, and tactile senses while celebrating the coming change of seasons. Listening to the words adds depth and meaning to your experience. Use the words to create poetry word art, or visual poetry if you choose. Using cutout words and phrases, symbols, illustrations, and colors, you can piece together a mosaic picture to evoke emotions and express thoughts and ideas.

## Tuesday 3/17

10:00 am

**St. Patrick's Day Trivia:** Give your brain a workout with a lively mix of seasonally themed trivia and clever word challenges! Challenge your thinking and sharpen your attention. Think creatively and explore facts new and old about St. Patrick's Day. Engage in friendly conversation that supports mental agility and social connections.

11:00 am

**Art Expression: Pressed Flowers in Clay Plaques:** Create stunning Spring décor using simple materials. This project provides a sensory rich experience with a creative flair. Pressed flowers provide timeless beauty that doesn't fade. When placed in a clay plaque of your design, you create a unique piece of art to cherish for years to come.

1:00 pm

### **Dancing with ARTBEAT LI:**

Join the ARTBEAT LI team for an afternoon of dancing to improve physical well-being, social engagement, confidence, and self-esteem. This dance lesson builds movement skills and creativity through rhythm and the joy of music. The lesson includes instructions on how to perform one of several popular dances, with special instructions given for those who need to remain seated.

2:00 pm

**Toss and Talk:** A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

## Wednesday 3/18

10:00 am

**Chair Yoga:** Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles.

11:00 am

**Art Expression: Paper Quilling Spring Picture Frames:** Join us for the ancient art of paper quilling. Paper quilling is the art of rolling and shaping strips of paper to form 3-D designs which engages visual perception, spatial relations, and fine motor skills as well as creativity. Using basic techniques, create a one-of-a-kind picture frame which is sure to be a conversation piece in your home or a wonderful gift for a loved one. No prior experience is required to join the group.

## Thursday 3/19

10:00 am

**Music in Motion:** Join us for a series of gentle movements designed to relax the muscles of your body through structured exercise. The blend of movement and music focuses on coordination, flexibility, and relaxation. Followed by upbeat music and dance moves to enhance your skills and elevate your mood. Sitting or standing; this activity is great for everyone.

11:00 am

**Famous Faces Bingo:** Test your memory in this fun twist on a classic game! In Famous Faces Bingo, participants match pictures of Famous Faces from TV, Movies, and History. This lively and interactive activity encourages active listening, memory recall, and social interaction, and of course fun! Get ready to call out "Bingo" while reminiscing about shows and events that shaped our lives.

1:00 pm

**Art Expression: Pressed Flowers in Clay Plaques:** Create stunning Spring décor using simple materials. This project provides a sensory rich experience with a creative flair. Pressed flowers provide timeless beauty that doesn't fade. When placed in a clay plaque of your design, you create a unique piece of art to cherish for years to come.

2:00pm

**Dominoes: Shuffle** the tiles and draw your hand! The table is set for a rousing game of Dominoes! A game that's easy to learn and fun to play! This game helps improve your attention and maintain your fine motor skills while promoting conversation and socialization. Join the fun and see who emerges the champion!

## Friday 3/20

10:00 am

**Yoga Bingo:** A literal 'twist' on the classic bingo game, players will perform a variety of simple, seated yoga poses and stretches, as shown on their card (and demonstrated by the instructor). Experience healthy movement for your body, while also engaging your mind. An old favorite, done in a new way!

11:00 am

**Better Balance:** Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

## Monday 3/23

10:00 am

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11:00 am

**Spring Training!:** Spring Training is in full bloom! Join us for an upbeat series of movement-based activities that challenge your mind as well as your body. Work as part of a team or on your own to complete tasks such as "Balloon Badminton" and "Bean Bag Golf". A spring themed twist on movement, sequencing, and meaningful engagement in game day fun!

1:00 pm

**Art Expression: Paper Quilling Spring Picture Frames:** Join us for the ancient art of paper quilling. Paper quilling is the art of rolling and shaping strips of paper to form 3-D designs which engages visual perception, spatial relations, and fine motor skills as well as creativity. Using basic techniques, create a one-of-a-kind picture frame which is sure to be a conversation piece in your home or a wonderful gift for a loved one. No prior experience is required to join the group.

2:00 pm

**Pictionary:** No art skills needed for this game of drawing, guessing and fun! Choose a card with a word on it, draw a picture while your team guesses what it is before time is up! Challenge your visual memory, visual perception, recall, attention to task, and fine motor skills as you race against the clock to figure out the word.

## Tuesday 3/24

10:00 am

**Better Balance:** Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

11:00 am

**Bingo!:** Listen for the number and mark it on your card. When you have 5 in a row – Yell BINGO!! Enjoy a classic game of chance with multiple ways to win. Bingo helps improve attention to task and memory skills while having fun - you may even win a prize!

1:00 pm – **GAME DAY!! – Join us for an afternoon of classic games and fun!!!**

**Jeopardy!:** Based on the classic TV program, compete to test your knowledge on a variety of topics, such as food, music, TV shows, and other familiar categories. Participants can play as individuals or a team to rack up points and see who becomes the Jeopardy Champion!

2:00 pm

**Spring Training!:** Spring Training is in full bloom! Join us for an upbeat series of movement-based activities that challenge your mind as well as your body. Work as part of a team or on your own to complete tasks such as "Balloon Badminton" and "Bean Bag Golf". A spring themed twist on movement, sequencing, and meaningful engagement in game day fun!

## Wednesday 3/25

11:00 am – 1:00 pm

### **SPECIAL PRESENTATION – Classic Movie Matinee – *Breakfast at Tiffany's*:**

Join us for a special screening of the classic movie, *Breakfast at Tiffany's* (1961) follows free-spirited Manhattan socialite Holly Golightly as she navigates high society charm, eccentric encounters, and a growing connection with a struggling writer neighbor. Stylish and witty with an iconic performance by Audrey Hepburn, the film blends romance, comedy, and sophistication, bolstered by Henry Mancini's Oscar-winning "Moon River."

## Thursday 3/26

10:00 am

**Grounded in Motion:** A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

11:00 am

**Name that Tune:** Using a sharp ear and quick mind, see how fast you can "Name that Tune". A casual version of a classic game show. Enjoy a good time with others while you compete to see who can name the most tunes. Enhance your auditory and verbal processing skills while sharing musical experiences. Dancing, clapping, and singing along are strongly encouraged!

1:00 pm

**Art Expression: Paint, Plant and Grow: Spring** is the season to start growing seedlings to plant and now is the time to start! Create your own unique flowerpot design and then use soil and seeds to grow your plant. Bring it home for your garden or leave it for ours. Completing this project enhances sensory input, attention to detail, and visual processing and visual motor skills.

2:00 pm

**Retro TV Bingo: Test** your memory in this fun twist on a classic game! In Retro TV Bingo, participants match pictures of TV shows from the past. Shows that shaped your childhood, or those you watched as a family. Ones with catchy theme songs, or those you only remember hearing about from your parents. This lively and interactive activity encourages active listening, memory recall, and social interaction, and of course fun! Get ready to call out "Bingo" while reminiscing about shows and characters that shaped our lives.

## Friday 3/27

1:00 pm – 3:00 pm

**SPECIAL EVENT: AFA Memory Café: Join** us for an afternoon Memory Café. It's a way for care partners and their loved ones to come together and enjoy live music and good food. This is a time to relax and enjoy the support of others experiencing the same challenges. Sing, dance, chat with others and just be yourself. Have fun and create a moment of joy together.

## Monday 3/30

10:00 am

**Music in Motion:** Join us for a series of gentle movements designed to relax the muscles of your body through structured exercise. The blend of movement and music focuses on coordination, flexibility, and relaxation. Followed by upbeat music and dance moves to enhance your skills and elevate your mood. Sitting or standing; this activity is great for everyone.

11:00 am

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2:00 pm

**Wheel of Fortune:** You’ve got to spin it to win it! Just like the popular game show, you’ll spin the wheel to earn points as you guess letters to a word puzzle on the board. Test your knowledge, language, and processing skills while enjoying some friendly competition.

## Tuesday, 3/31

10:00 am

**Better Balance:** Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

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1:00 pm

**Movement & Sound Healing for Wellness with Boshko:** Join us for a Movement & Sound Healing class designed to support cognitive function, emotional well-being, and overall vitality. This interactive experience combines physical activities with the soothing power of sound, creating a sense of relaxation and connection. Through gentle exercises, we’ll encourage flexibility, support heart health, and stimulate executive function—all while moving at a pace that honors each participant’s comfort and ability. You’ll also engage with healing sounds through simple humming and chanting, and enjoy the peaceful tones of crystal bowls, ocean drums, koshi chimes, and tuning forks, creating a calming environment that nurtures body and mind.

2:00 pm

**Toss and Talk:** A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that’s the question you answer, sparking happy memories, great conversations, and meaningful connections.