



MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
<p>3</p> <p>10:00 Men's Coffee and Conversation</p> <p>10:00 Singing Group</p> <p>11:00 Caregiver Support Group</p> <p>11:00 Cardio & Stretch with Sue ◊</p> <p>12:30 Merry Maidens Bridge</p> <p>1:00 Cribbage (beginner)</p> <p>1:00 Hand & Foot</p> <p>2:00 Discover British Landscapes Presentation</p>	<p>4</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◊</p> <p>10:00 Mindfulness with Nancy</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◊</p> <p>11:30 Intro to Mindfulness◊</p> <p>1:00 Canasta</p> <p>1:00 French Club</p> <p>5:30 Beginner Yoga ◊</p>	<p>5</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◊</p> <p>10:00 Walking Group</p> <p>10:00 Craft Group</p> <p>10:00 Crochet Lessons ◊</p> <p>10:00 Yoga for Older Adults – Session 1</p> <p>11:00 Yoga for Older Adults – Session 2</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p>	<p>6</p> <p>9:00 Resistance Band Class◊</p> <p>10:00 Octets Bridge</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>1:00 Ballroom Basics ◊</p> <p>2:00 Ukelele Group</p> <p>5:00 Rebounder Class ◊</p> <p>6:00 Cards & Camaraderie</p>	<p>7</p> <p>9:00 Open House</p> <p>9:30 Line Dancing ◊</p> <p>10:00 Uno & Rummikub</p> <p>10:00 Knitting Group</p> <p>1:00 Cribbage (intermediate)</p>
<p>10</p> <p>10:00 Men's Coffee and Conversation</p> <p>10:00 Singing Group</p> <p>11:00 Caregiver Support Group</p> <p>11:00 Cardio & Stretch with Sue ◊</p> <p>12:30 Merry Maidens Bridge</p> <p>1:00 Cribbage (beginner)</p> <p>1:00 Hand & Foot</p>	<p>11</p> <p>9:00 New Staff Meet & Greet</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◊</p> <p>10:00 Mindfulness with Nancy</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◊</p> <p>11:30 Intro to Mindfulness◊</p> <p>12:00 Tech Class</p> <p>1:00 Canasta</p> <p>5:30 Beginner Yoga ◊</p>	<p>12</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◊</p> <p>10:00 Walking Group</p> <p>10:00 Craft Group</p> <p>10:00 Crochet Lessons ◊</p> <p>10:00 Yoga for Older Adults – Session 1</p> <p>11:00 Yoga for Older Adults – Session 2</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p>	<p>13</p> <p>9:00 Resistance Band Class◊</p> <p>10:00 Octets Bridge</p> <p>11:00 Wise Women Wondering</p> <p>12:00 No Book Book Club</p> <p>1:00 Wet Felting Easter Eggs ◊</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>1:00 Ballroom Basics ◊</p> <p>2:00 Ukelele Group</p> <p>5:00 Rebounder Class ◊</p> <p>6:00 Cards & Camaraderie</p>	<p>14</p> <p>8:45 Portland Ballet ◊</p> <p>9:00 Open House</p> <p>9:30 Line Dancing ◊</p> <p>10:00 Uno & Rummikub</p> <p>10:00 Knitting Group</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00 Cornhole</p>



MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>10:00 Men's Coffee and Conversation</p> <p>10:00 Singing Group</p> <p>11:00 Caregiver Support Group</p> <p>11:00 Cardio & Stretch with Sue ◊</p> <p>12:30 Merry Maidens Bridge</p> <p>1:00 Cribbage (beginner)</p> <p>1:00 Hand & Foot</p> <p>1:00 St. Paddy's Day Flower Arranging ◊</p>	<p>18</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◊</p> <p>10:00 Mindfulness with Nancy</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◊</p> <p>11:30 Intro to Mindfulness◊</p> <p>1:00 Canasta</p> <p>1:00 French Club</p> <p>2:00 Kennebunk Beach Realty Presentation</p> <p>5:30 Beginner Yoga ◊</p>	<p>19</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◊</p> <p>10:00 Walking Group</p> <p>10:00 Craft Group</p> <p>10:00 Crochet Lessons ◊</p> <p>10:00 Yoga for Older Adults – Session 1</p> <p>11:00 Yoga for Older Adults – Session 2</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p>	<p>20</p> <p>9:00 Resistance Band Class◊</p> <p>10:00 Octets Bridge</p> <p>11:00 Grief Support</p> <p>12:00 Monthly Luncheon ◊</p> <p>1:00 Wet Felting Easter Eggs ◊</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>1:00 Ballroom Basics ◊</p> <p>2:00 Ukelele Group</p> <p>6:00 Cards & Camaraderie</p>	<p>21</p> <p>9:00 Open House</p> <p>9:30 Line Dancing ◊</p> <p>10:00 Uno & Rummikub</p> <p>10:00 Knitting Group</p> <p>12:00 Understanding Vascular Disease</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00-4:00 March Madness</p> <p>2:00 Parkinson's Support</p>
<p>24</p> <p>10:00 Men's Coffee and Conversation</p> <p>10:00 Singing Group</p> <p>10:00 Medicare 101</p> <p>11:00 Caregiver Support Group</p> <p>12:30 Merry Maidens Bridge</p> <p>1:00 Cribbage (beginner)</p> <p>1:00 Hand & Foot</p> <p>6:00 Whiskey Tasting ◊</p>	<p>25</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◊</p> <p>10:00 Mindfulness with Nancy</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◊</p> <p>11:30 Intro to Mindfulness◊</p> <p>11:30 Bridget's Lunch Bunch ◊</p> <p>12:00 Tech Class</p> <p>1:00 Canasta</p> <p>5:30 Beginner Yoga ◊</p>	<p>26</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◊</p> <p>10:00 Walking Group</p> <p>10:00 Craft Group</p> <p>10:00 Crochet Lessons ◊</p> <p>10:00 Yoga for Older Adults – Session 1</p> <p>11:00 Yoga for Older Adults – Session 2</p> <p>12:00 Ogunquit Playhouse Volunteer Presentation</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00 Book Club</p>	<p>27</p> <p>9:00 Resistance Band Class◊</p> <p>9:00 Keep it Legal</p> <p>10:00 Octets Bridge</p> <p>11:00 Social Club</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Ballroom Basics</p> <p>1:00 Adult Coloring Group</p> <p>2:00 Ukelele Group</p> <p>5:00 Rebounder Class ◊</p> <p>6:00 Cards & Camaraderie</p>	<p>28</p> <p>9:00 Open House</p> <p>9:30 Line Dancing ◊</p> <p>10:00 Uno & Rummikub</p> <p>10:00 Knitting Group</p> <p>11:30 Men's Lunch Bunch ◊</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00-4:00 March Madness</p>
<p>31</p> <p>10:00 Men's Coffee and Conversation</p> <p>10:00 Singing Group</p> <p>11:00 Caregiver Support Group</p> <p>11:00 Cardio & Stretch with Sue ◊</p> <p>12:30 Merry Maidens Bridge</p> <p>1:00 Cribbage (beginner)</p> <p>1:00 Hand & Foot</p>				
<p>KEY</p> <p>Highlighted Program = New & Noteworthy</p> <p>◊ = Program Fee</p> <p>Bold Program = Off-Site Program or Fundraiser</p>				