

****March 2026****

**Royal Palm Beach Recreation Center, 100 Sweet Bay Lane
Senior Citizens Monthly Activities Calendar
For more information call (561)790-5149**

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|---|
| <p>2 (10am-12n) Royal Palm Beach History Club. (12n-1pm) Congregate meal program. (1pm-3pm) Oil & Acrylic Art Class (10a-2pm) Quilting & Sewing.</p> | <p>3 (12n-1pm) Congregate meal program. (10am-12N) Royal Palm Beach Book Club. (12:30-1:30pm) Line Dancing. (2pm-3pm) Silver Sneakers 3:30pm-5pm) Seniors Get Tech Savvy</p> | <p>4 (12n-1pm)Congregate meal program. (2pm-3pm) Tai Chi (3pm-3:45pm) Senior Chair Yoga 2pm-3pm) Silver Sneakers Stability.</p> | <p>5 (12n-1pm)Congregate meal program. (10am-Noon) Writers Group. (1pm-3pm) Knitting & Crochet Group 2pm-3pm) Silver Sneakers Circuit. (12pm-2pm) Senior Referral Program.</p> | <p>6 (10:45am-2pm) YAH LUNCHEON (12n-1pm)Congregate meal program.</p> | <p>7 (9am-10am) Tai Chi (10:15am-11:15pm) Tai Chi</p> |
| <p>9 (12n-1pm)Congregate meal program. (1pm-3pm) Oil & Acrylic Art Class (10a-2pm) Quilting & Sewing.</p> | <p>10 (9am-3pm) AARP Smart Driver Course (12n-1pm)Congregate meal program. (12:30-1:30pm)Line Dancing. (2pm-3pm) Silver Sneakers 3:30pm-5pm) Seniors Get Tech Savvy</p> | <p>11 (12n-1pm)Congregate meal program. (2pm-3pm) Tai Chi (3pm-3:45pm) Senior Chair Yoga 2pm-3pm) Silver Sneakers Stability.</p> | <p>12 (12n-1pm)Congregate meal program. (1pm-3pm) Knitting & Crochet Group (12pm-2pm) Senior Referral Program. 2pm-3pm) Silver Sneakers Circuit.</p> | <p>13 (12n-1pm) Congregate meal program.</p> | <p>14 (9am-10am) Tai Chi (10:15am-11:15pm) Tai Chi</p> |
| <p>16 (12n-1pm)Congregate meal program. 1pm-3pm- Oil & Acrylic Art Class (10a-2pm) Quilting & Sewing.</p> | <p>17 (12n-1pm)Congregate meal program. (12:30-1:30pm)Line Dancing. (2pm-3pm) Silver Sneakers 3:30pm-5pm) Seniors Get Tech Savvy</p> | <p>18 (10am-12N) YAH Breakfast (12n-1pm)Congregate meal program. (2pm-3pm) Tai Chi (3pm-3:45pm) Senior Chair Yoga 2pm-3pm) Silver Sneakers Stability.</p> | <p>19 (12n-1pm)Congregate meal program. (10am-Noon)Writers Group. (12pm-2pm) Senior Referral Program. (1pm-3pm) Knitting & Crochet Group 2pm-3pm) Silver Sneakers Circuit</p> | <p>20 (12n-1pm) Congregate meal program.</p> | <p>21 (9am-10am) Tai Chi (10:15am-11:15pm) Tai Chi</p> |
| <p>23 (12n-1pm)Congregate meal program. 1pm-3pm- Oil & Acrylic Art Class (10a-2pm) Quilting & Sewing.</p> | <p>24 (12n-1pm)Congregate meal program. (12:30-1:30pm)Line Dancing. (2pm-3pm) Silver Sneakers 3:30pm-5pm) Seniors Get Tech Savvy</p> | <p>25 (10am-11am) BingoCize (12n-1pm)Congregate meal program. (2pm-3pm) Tai Chi (3pm-3:45pm) Senior Chair Yoga 2pm-3pm) Silver Sneakers Stability.</p> | <p>26 (12n-1pm)Congregate meal program. (12pm-2pm) Senior Referral Program. (1pm-3pm) Knitting & Crochet Group 2pm-3pm) Silver Sneakers Circuit.</p> | <p>27 (10am-11am) BingoCize (12n-1pm)Congregate meal program.</p> | <p>28 (9am-10am) Tai Chi (10:15am-11:15pm) Tai Chi (10am-11:00am) BingoCize</p> |
| <p>30 12n-1pm) Congregate meal program. 1pm-3pm- Oil & Acrylic Art Class (10a-2pm) Quilting & Sewing.</p> | <p>31 (12n-1pm)Congregate meal program. (12:30-1:30pm)Line Dancing. (2pm-3pm) Silver Sneakers 3:30pm-5pm) Seniors Get Tech Savvy</p> | | |  | |



March 2026

Weekday Senior Activities Calendar

Royal Palm Beach Recreation Center, 100 Sweet Bay Lane

Lunch served Monday - Friday 12:00PM - 1:00PM

For more information call (561) 790-5149

Schedules Subject to Change

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|---|
| 2 Game day Play any game of your choice <u>12:30pm-1:45pm</u> <u>Dance Party!!!</u> | 3 Play any game of your choice <u>12:30pm-1:30pm</u> <u>Line Dancing</u> | 4 Play any game of your choice <u>12:30pm-2:00pm</u> <u>Let's Play Bingo!!!</u> | 5 Game day Play any game of your choice | 6 YAH Luncheon Play any game of your choice No Bingo |
| 9 Game day Play any game of your choice <u>12:30pm-1:45pm</u> <u>Dance Party!!!</u> | 10 Play any game of your choice <u>12:30pm-1:30PM</u> <u>Line Dancing</u> | 11 Play any game of your choice <u>12:30pm-2:00pm</u> <u>Let's Play Bingo!!!</u> | 12 Game day Play any game of your choice | 13 <u>Spring Fling Party.</u> Play any game of your choice NO BINGO |
| 16 Game day Play any game of your choice <u>12:30pm-1:45pm</u> <u>Dance Party!!!</u> | 17 St Patrick's Day Play any game of your choice <u>12:30pm-1:30pm</u> <u>Line Dancing</u> | 18 <u>YAH Breakfast</u> - Play any game of your choice <u>- Raffles today @12:45</u> | 19 Game day Play any game of your choice - | 20 Spring Begins Play any game of your choice <u>12:30pm-2pm</u> <u>Bingo Friday!!!</u> |
| 23 Game day Play any game of your choice <u>12:30pm- 1:45pm</u> <u>Dance Party!!!</u> | 24 Play any game of your choice <u>12:30pm-1:30pm</u> <u>Line Dancing</u> | 25 Play any game of your choice <u>12:30pm-2:00pm</u> <u>Let's Play Bingo!!!</u> | 26 Game day Play any game of your choice <u>12:30pm- 1:30pm</u> <u>Let's Play Name that Tune</u> | 27 Play any game of your choice <u>12:30pm-2pm</u> <u>Bingo Friday!!!</u> |
| 30 Game day Play any game of your choice <u>12:30pm- 1:45pm</u> <u>Dance Party!!!</u> | 31 Play any game of your choice <u>12:30pm- 1:30pm</u> <u>Line Dancing</u> | | | |