



March 2026

**Meck
Center for Healthy Aging
570-601-9593**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>2</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Tai Chi</p> | <p>3</p> <p>9:00am ZUMBA Gold</p> <p>10:00am Cards/ Puzzles</p> | <p>4</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Games</p> | <p>5</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Bingo</p> | <p>6</p> <p>12:30pm Mug It Recipes with Helen</p> |
| <p>9</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Tai Chi</p> | <p>10</p> <p>9:00am ZUMBA Gold</p> <p>10:00am Cards/ Puzzles</p> | <p>11</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Games</p> | <p>12</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Bingo</p> | <p>13</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Games</p> |
| <p>16</p> <p>1:00pm Spring Catered Meal</p> | <p>17</p> <p>9:00am ZUMBA Gold</p> <p>10:00am Cards/ Puzzles</p> | <p>18</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Tai Chi</p> | <p>19</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Bingo</p> | <p>20</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Games</p> |
| <p>23</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Tai Chi</p> | <p>24</p> <p>9:00am ZUMBA Gold</p> <p>10:00am Cards/ Puzzles</p> | <p>25</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Games</p> | <p>26</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Bingo</p> | <p>27</p> <p>10:00am Cards/ Puzzles</p> <p>12:00pm Movie Day</p> |
| <p>30</p> <p>10:00am Cards/ Puzzles</p> <p>12:30pm Tai Chi</p> | <p>31</p> <p>9:00am ZUMBA Gold</p> <p>10:00am Cards/ Puzzles</p> | | | <p>Come eat lunch with us! Lunch served daily at 11:30am Call to reserve a meal!</p> |