



March 2026

**RiverWalk
Center for Healthy Aging
570-601-9592**

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Woodcarving 1:00PM HSIM	3 10:30 Chair Yoga– Virtual 1:00 Get the Dirt on Gardening (Flower seed in homemade cold frame)	4 9:00 Cards/Pinocle 10:00 HSIM 11am-12pm “Funeral Fraud and Bereavement Scams” w/ Dana Neely Attorney General’s Office 1:30 Country Line Dancing	5 10:00 Drawing w/ George 12pm Bookmobile 1:00 Bingo	6 10:30 Chair Yoga– Virtual
9 9:00 Woodcarving 11:30 Lunch & Learn “Cardiac Rehab” w/ Jennifer Aldinger 1:00PM HSIM	10 10:30 Chair Yoga– Virtual 1:00 Get the Dirt on Gardening (Planning flower beds for Pollinators)	11 9:00 Cards/Pinocle 10:00 HSIM 1:30 Country Line Dancing	12 10:00 Drawing w/ George 1:00 Bingo	13 10:30 Chair Yoga– Virtual
16 9:00 Woodcarving 1:00PM HSIM	17 9-10 iPhone Lessons* (signups required) 10:30 Chair Yoga– Virtual 1:00 Get the Dirt on Gardening (Sign Painting)	18 9:00 Cards/Pinocle 10:00 HSIM “Mug It Program” w/ Helen Grosso 1:30 Country Line Dancing	19 10:00 Drawing w/ George 12pm Bookmobile 1:00 Bingo	20 10:30 Chair Yoga– Virtual
23 9:00 Woodcarving 1:00PM HSIM 2:30 “Sound Healing” w/ Angela Miele	24 9-10 iPhone Lessons 10:30 Chair Yoga– Virtual 1:00 Get the Dirt on Gardening (Starting vegetables)	25 9:00 Cards/Pinocle 10:00 HSIM 1:30 Country Line Dancing	26 10:00 Drawing w/ George 1:00 Bingo	27 10:30 Chair Yoga– Virtual
30 9:00 Woodcarving 1:00PM HSIM	31 10:30 Chair Yoga– Virtual 1:00 Get the Dirt on Gardening (Spring & Summer Bulbs)		April iPhone Classes 4/3 (Friday) – 9 -10 AM 4/7 (Tues)– 9 – 10 AM 4/21 (Tues)- 9 – 10 AM	Come eat lunch with us! Lunch served daily at 11:30am Call to reserve a meal!