


March 2024 Segoe Heights Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>+ indicates registration and/or payment are required at the front desk</p> <p>* indicates NO staff or angel volunteer present at the event.</p>	<p>C = community room CH = conservatory D = dining room G = garden room GS = Gorham Segoe room FL = front lobby</p>	<p>M= Model Home P= private dining room Q = quiet room S = studio SD = small dining room W = wellness room</p>		<p>9:00 Chair Exercises W 1 10:30 IT Education Session- Artificial Intelligence C 11:30 Unitarian Musicales +FL* 11:30 Fit Circuit +W 3:00 Balance Class +W 3:30 Birthday Party C</p>	<p>2</p>
3	<p>9:00 Chair Exercises W 5 11:30 Fit Circuit +W 1:00 Mah Jongg SD 3:00 Balance Class +W</p>	<p>10:30 Tai Chi * W 5 1:00 Chair Yoga +W 2:00 Bar and Chair Exercises +W 2:00 Walgreens/ Pick N Save FL</p>	<p>9:00 Chair Exercises W 6 9:00 Chess Group Q 10:00 Women’s Coffee CH 11:30 Fit Circuit +W 3:00 Balance Class +W 3:30 Four Seasons Theatre C</p>	<p>9:00 Men’s Coffee Q 7 10:30 Tai Chi * W 10:30 Sharing Books C 1:00 Chair Yoga +W 2:00 Bar and Chair Exercises +W 4:30 Happy Hour C</p>	<p>9:00 Chair Exercises W 8 10-12 IT Hours P 11:30 Unitarian Musicales +FL* 11:30 Fit Circuit +W 3:00 Balance Class +W</p>	<p>9</p>
10	<p>9:00 Chair Exercises W 11 11:30 Fit Circuit +W 1:00 Mah Jongg SD 3:00 Balance Class +W 3:00 Culture Connect – China C</p>	<p>10:30 Tai Chi * W 12 10:30 Joe Fahey – Life Along the Nile C 1:00 Chair Yoga +W 1:30 Writers Group Q 2:00 Bar and Chair Exercises +W 2:00 Walgreens/ Pick N Save FL</p>	<p>9:00 Chair Exercises W 13 10:00 Women’s Coffee CH 11:30 Fit Circuit +W 3:00 Balance Class +W 3:00 Conversation Around the Table Q</p>	<p>9:00 Men’s Coffee Q 14 10:30 Tai Chi * W 10:30 Sharing Books C 1:00 Chair Yoga +W 2:00 Bar and Chair Exercises +W 4:30 Happy Hour C</p>	<p>9:00 Chair Exercises W 15 10-12 IT Hours P 11:30 Unitarian Musicales +FL* 11:30 Fit Circuit +W 3:00 Balance Class +W 3:30 O’Darby Irish Band C</p>	<p>16</p>
17	<p>9:00 Chair Exercises W 18 11:30 Fit Circuit +W 1:00 Mah Jongg SD 3:00 Balance Class +W 3:00 Monday Movie Q</p>	<p>10:30 Tai Chi * W 19 1:00 Chair Yoga +W 2:00 Bar and Chair Exercises +W 2:00 Walgreens/ Pick N Save FL</p>	<p>9:00 Chair Exercises W 20 9:00 Chess Group Q 10:00 Women’s Coffee CH 11:30 Fit Circuit +W 1:30 Conversation and Chocolate with Megan Q 3:00 Balance Class +W</p>	<p>9:00 Men’s Coffee Q 21 10:30 Tai Chi * W 1:00 Chair Yoga +W 2:00 Bar and Chair Exercises +W 4:30 Happy Hour C</p>	<p>9:00 Chair Exercises W 22 10-12 IT Hours P 11:30 Unitarian Musicales +FL* 11:30 Fit Circuit +W 3:00 Balance Class +W</p>	<p>23</p>

24	9:00 Chair Exercises W 11:30 Fit Circuit +W 1-3 Touchtown Training Open House C 1:00 Mah Jongg SD 3:00 Balance Class +W	25	10:30 Tai Chi * W 1:00 Chair Yoga +W 1:30 Writers Group Q 2:00 Bar and Chair Exercises +W 2:00 Walgreens/ Pick N Save FL 3-5 Touchtown Training Open House C	26	9:00 Chair Exercises W 10:00 Women’s Coffee CH 11:30 Fit Circuit +W 1:30 Segoe Heights Neighborhood Gathering C 3:00 Balance Class +W	27	9:00 Men’s Coffee Q 10:30 Tai Chi * W 1:00 Chair Yoga +W 2:00 Bar and Chair Exercises +W 4:30 Happy Hour C	28	9:00 Chair Exercises W 10-12 Touchtown Training Open House C 10-12 IT Hours P 11:30 Unitarian Musicales +FL* 11:30 Fit Circuit +W 3:00 Balance Class +W	29		30
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Calendar is subject to change, please check monitors and emails for updates.

**** Reference Community Calendar for Additional Activities Offered to All ****