March 2024 Segoe Heights Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
·	+ indicates registration	C = community room	M= Model Home		9:00 Chair Exercises W 1	2
	and/or payment are	CH = conservatory	P= private dining room		10:30 IT Education	
	required at the front desk	D = dining room	Q = quiet room		Session- Artificial	
		G = garden room	S = studio		Intelligence C	
		GS = Gorham Segoe room	SD = small dining room		11:30 Unitarian	
ATTIC ANGEL	* indicates NO staff or	FL = front lobby	W = wellness room		Musicales +FL*	
COMMUNITY	angel volunteer present at				11:30 Fit Circuit +W	
	the event.				3:00 Balance Class +W	
					3:30 Birthday Party C	
3	9:00 Chair Exercises W 5	10:30 Tai Chi * W 5	9:00 Chair Exercises W 6	9:00 Men's Coffee Q	7 9:00 Chair Exercises W 8	9
	11:30 Fit Circuit +W	1:00 Chair Yoga +W	9:00 Chess Group Q	10:30 Tai Chi * W	10-12 IT Hours P	
	1:00 Mah Jongg SD	2:00 Bar and Chair	10:00 Women's Coffee CH	10:30 Sharing Books C	11:30 Unitarian	
	3:00 Balance Class +W	Exercises +W	11:30 Fit Circuit +W	1:00 Chair Yoga +W	Musicales +FL*	
		2:00 Walgreens/	3:00 Balance Class +W	2:00 Bar and Chair	11:30 Fit Circuit +W	
		Pick N Save FL	3:30 Four Seasons	Exercises +W	3:00 Balance Class +W	
			Theatre C	4:30 Happy Hour C		
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10	9:00 Chair Exercises W 11		9:00 Chair Exercises W 13	•		16
	11:30 Fit Circuit +W	10:30 Joe Fahey – Life	10:00 Women's Coffee CH		10-12 IT Hours P	
	1:00 Mah Jongg SD	Along the Nile C	11:30 Fit Circuit +W	10:30 Sharing Books C	11:30 Unitarian	
	3:00 Balance Class +W	1:00 Chair Yoga +W	3:00 Balance Class +W 3:00 Conversation Around	1:00 Chair Yoga +W	Musicales +FL* 11:30 Fit Circuit +W	
	3:00 Culture Connect – China C	1:30 Writers Group Q 2:00 Bar and Chair		2:00 Bar and Chair Exercises +W	3:00 Balance Class +W	
	Cillia	Exercises +W	the Table Q	4:30 Happy Hour C	3:30 O'Darby Irish Band C	
		2:00 Walgreens/		4.50 Happy Hour C	3.30 O Darby Hish Band C	
		Pick N Save FL				
17	9:00 Chair Exercises W 18	10:30 Tai Chi * W 19	9:00 Chair Exercises W 20	9:00 Men's Coffee Q 2	1 9:00 Chair Exercises W 22	23
	11:30 Fit Circuit +W	1:00 Chair Yoga +W	9:00 Chess Group Q	10:30 Tai Chi * W	10-12 IT Hours P	
	1:00 Mah Jongg SD	2:00 Bar and Chair	10:00 Women's Coffee CH	1:00 Chair Yoga +W	11:30 Unitarian	
	3:00 Balance Class +W	Exercises +W	11:30 Fit Circuit +W	2:00 Bar and Chair	Musicales +FL*	
	3:00 Monday Movie Q	2:00 Walgreens/	1:30 Conversation and	Exercises +W	11:30 Fit Circuit +W	
		Pick N Save FL	Chocolate with	4:30 Happy Hour C	3:00 Balance Class +W	
			Megan Q			
			3:00 Balance Class +W			

24	9:00 Chair Exercises W	25 10:30 Tai Chi * W	26	9:00 Chair Exercises W 27	9:00 Men's Coffee Q	28	9:00 Chair Exercises W 29	30
	11:30 Fit Circuit +W	1:00 Chair Yoga +W		10:00 Women's Coffee CH	10:30 Tai Chi * W		10-12 Touchtown Training	
	1-3 Touchtown Training	1:30 Writers Group Q		11:30 Fit Circuit +W	1:00 Chair Yoga +W		Open House C	
	Open House C	2:00 Bar and Chair		1:30 Segoe Heights	2:00 Bar and Chair		10-12 IT Hours P	
	1:00 Mah Jongg SD	Exercises +W		Neighborhood	Exercises +W		11:30 Unitarian	
	3:00 Balance Class +W	2:00 Walgreens/		Gathering C	4:30 Happy Hour C		Musicales +FL*	
		Pick N Save FL		3:00 Balance Class +W			11:30 Fit Circuit +W	
		3-5 Touchtown Trainin	g				3:00 Balance Class +W	
		Open House C						
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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 **