

# South Haven Activities March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>3</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	<b>4</b> 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 12:00-2:30 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>5</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:00-2:30 Watercolor class 1:30-2:15 Gentle Fitness	<b>6</b> 8:00-10:30 Coffee Time 8:15-9:00 Balance and Flow 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 11:00-12:00 First Friday Music 12:00-2:30 Euchre 12:00-2:30 Mahjong 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters
<b>9</b> 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:00-11:00 Flourishing Friends Widows Group 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>10</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	<b>11</b> 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 12:00-2:30 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>12</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 10:30-11:30 Fraud Watch Basics 12:30-1:15 Fitness Drumming 1:00-2:00 Grief Support Group 1:00-2:30 Watercolor class	<b>13</b> 8:00-10:30 Coffee Time 8:15-9:00 Balance and Flow 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 12:00-2:30 Euchre 12:00-2:30 Mahjong 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters 12:30 Movie- Stolen Girl
<b>16</b> 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>17</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 11:30-1:00 Route 66 JOY Group (Just Older Youth) 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:00 Scott Club Music-Open	<b>18</b> 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 12:00-2:30 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 1:00-2:00 Visually Impaired 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>19</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 11:00-12:00 Third Thursday Music 12:30-1:15 Fitness Drumming	<b>20</b> <div style="font-size: 2em; font-weight: bold;">Closed Staff In service</div>
<b>23</b> 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>24</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	<b>25</b> 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 12:00-2:30 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>26</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming	<b>27</b> 8:00-10:30 Coffee Time 8:15-9:00 Balance and Flow 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 12:00-2:30 Euchre 12:00-2:30 Mahjong 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters
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