


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00-Craft Social, Redbud 12:30-Melody Makers: All Instruments, Redbud 12:30-Habits of Healthy People with CenterWell, Post Oak A 2:30-Chair Volleyball Post Oak-A 2:30-Hula Hoop, Beginners Encouraged, Elm</p>	<p>3</p> <p>9:00-Bridge, Post Oak-B 10:00-Learn to Play Texas Hold 'Em, Post Oak-B 11:00-Games, Cedar Lounge 1:00-Mah Jongg 101, \$8 Part 1 Post Oak B</p>	<p>4</p> <p>9:00-Yarn Tree Art, Redbud-\$3 11:00-Games, Cedar Lounge 1:00-Tech Connect, Post Oak-A 1:30-Rhythmic Hand Drumming with Derek, Redbud. 2:30-Chair Volleyball Post Oak A 2:30-Hula Hoop, Elm</p>	<p>5</p> <p>9:00-Pinochle, Cedar Lounge 9:00-Open Play Mah Jongg, Intro Levels Welcome Post Oak B 11:00-Games, Cedar Lounge 11:00-Should I See A Chiropractor? Redbud 1:30-42 Dominos Post Oak-B</p>	<p>6</p> <p>10:00-Bridge, Post Oak-B 10:00-Open Play Mah Jongg Post Oak-B 10:00-Downsizing Done Right Power Talk, Redbud</p>
<p>9</p> <p>9:00-Craft Social, Redbud 12:30-Melody Makers Redbud 2:30-Chair Volleyball Post Oak-A 2:30-Hula Hoop, Beginners Encouraged, Elm</p>	<p>10</p> <p>9:00-Book Club, Redbud 9:00-Bridge, Post Oak-B 10:00-Learn to Play Texas Hold 'Em, Post Oak-B 11:00-Games, Cedar Lounge 1:00-Bingo, Post Oak-A \$2 1:00-Mah Jongg 101, \$8 Part 2 Post Oak B 3:30-Book Club PM Post Oak A</p>	<p>11</p> <p>11:00-Games, Cedar Lounge 12:30-Music Sing Along, Redbud 1:00-Tech Connect, Post Oak-A 1:30-Rhythmic Hand Drumming with Derek, Redbud 2:30-Chair Volleyball, Post Oak A 2:30-Hula Hoop, Elm</p>	<p>12</p> <p>9:00-Mah Jongg Post Oak-B 10:00- Intro to Cricut, Education Session and Demo, Post Oak-A 10:00- Hearing Loss & Hearing Aids Power Talk, Redbud 11:00-Games, Cedar Lounge 1:00-Origami, Vase with Tulips Redbud \$3 1:00-Cooking Class- Nut Crusted Chicken & More, Kitchen, \$15 1:30-42 Dominos Post Oak-B</p>	<p>13</p> <p>10:00-Bridge, Post Oak-B 10:00-Open Play Mah Jongg Post Oak-B 12:30-Birthday Karaoke, Post Oak-A, Is your Birthday in March? Join us for a celebration including songs, sweets, & laughs!</p>
<p>16</p> <p>9:00-Craft Social, Redbud 12:30-Melody Makers, Redbud 2:30-Chair Volleyball Post Oak-A 2:30-Hula Hoop, Beginners Encouraged, Elm</p>	<p>17</p> <p>9:00-Bridge, Post Oak-B 10:00-Learn to Play Texas Hold 'Em, Post Oak-B 11:00-Games, Cedar Lounge 1:00-Mah Jongg 101, \$8 Part 3 Post Oak B 5:00-Boots & Shamrocks Country Dance \$10 Post Oak <i>EngAGE Breakfast 8:15 at Skillet-N-Grill. *Pay on your own</i></p>	<p>18</p> <p>9:00-Air Dry Clay Gnomes, Redbud, \$3 10:00-Kidney Health, with Health Hive Post Oak-A 11:00-Games, Cedar Lounge 1:00-Tech Connect, Post Oak-A 1:30-Rhythmic Hand Drumming with Derek, Redbud 2:30-Chair Volleyball Post Oak A 2:30-Hula Hoop, Elm</p>	<p>19</p> <p>9:00-Mah Jongg Post Oak-B 10:00-Cricut - Greeting Cards, Redbud, \$3 10:00-Osteoarthritis, Post Oak A 11:00-Games, Cedar Lounge 1:00-Cooking Class Mediterranean Meal & More, Kitchen, \$15 1:00-Bingo, Post Oak-A \$2 1:00-Ping Pong-Beginner Friendly Competition, \$2 1:30-42 Dominos Post Oak-B</p>	<p>20</p> <p>9:00-Eight-Ball Pool Tournament, *Please arrive early to allow for enough play time, Cedar Lounge\$2 10:00-Bridge, Post Oak-B 10:00-Open Play Mah Jongg Post Oak-B 1:30-Spuds & Show Post Oak-A \$3</p>
<p>23/30</p> <p>9:00-Craft Social, Redbud 12:30-Melody Makers, Redbud 2:30-Chair Volleyball Post Oak-A 2:30-Hula Hoop, Beginners Encouraged, Elm <u>March 23rd</u> 11:30-Entrelac Knitting, Advanced knitters only, Redbud <u>March 30th</u> 2:30-Say Cheese, Not Cold Feet: Hiring the Perfect Photographer with Terry Ip, Redbud</p>	<p>24/31</p> <p>9:00-Bridge, Post Oak-B 10:00-Open Play Texas Hold 'Em, Post Oak-B 11:00-Games, Cedar Lounge 1:00-Mah Jongg 101, \$8 Part 4 Post Oak B <u>March 24th</u> 1:00-Bingo, Post Oak-A \$2</p>	<p>25</p> <p>9:00-Springtime Landscape Acrylic Painting Redbud-\$3 11:00-Games, Cedar Lounge 12:30-Music Sing Along, Redbud 1:00-You Can Paint-Tropical Vacation, Acrylic, Post Oak B \$40 1:30-Rhythmic Hand Drumming with Derek, Redbud 2:30-Hula Hoop, Elm 2:30-Chair Volleyball Post Oak A</p>	<p>26</p> <p>9:00-Open Play Mah Jongg, Post Oak-B 10:00-Cricut-Earrings, Redbud, \$3 11:00-Games, Cedar Lounge 1:00-Origami, Easter Bunny Basket Redbud, \$3 1:00-Cooking Class- Caponata Pasta & More, Kitchen, \$15 1:30-42 Dominos Post Oak-B</p>	<p>27</p> <p>10:00-Bridge, Post Oak-B 10:00-Open Play Mah Jongg Post Oak-B</p> 



**Boots & Shamrocks
Country Dance**

Tuesday, March 17 | 5 - 7:30 PM

Kick up your heels and celebrate St. Patrick's Day with an evening of country music. Wear your green and bring your best two-step!

Sponsored by CenterWell.
\$10 in Post Oak Hall A

DAY TRIPS

Dallas Blooms
Dallas Arboretum
Wednesday the 4th from
9am-2:30pm - \$35

Nasher Sculpture Center and Klyde Warren Park
Thursday the 26th from
8:30AM-2:30PM - \$25

EngAGE Breakfast
At Skillet & Grill 8:15 AM
1801 W Division St.

We host the EngAGE Breakfast the 3rd Tuesday of every month, with a new topic each session! Join us for an educational presentation. Breakfast is *Pay On Your Own*

*Interested in a Garden Club? Please email
Monique.Jaquay@arlingtontx.gov*

Join us for fun, prizes, and friendly competition—come shout

BINGO with us! \$2/person
Tuesday, March 10, at 1 - 2 PM
Thursday, March 19, at 1 - 2 PM
Tuesday, March 24, at 1 - 2 PM

POWER TALKS

- Monday March 2nd at 12:30PM, Habits of Healthy People, CenterWell, Post Oak A
Lunch included, Registrations Required
- Thursday March 5th at 11AM, Should I See A Chiropractor? DFW Chiropractic, Redbud
- Friday March 6th at 10 AM, Downsizing Done Right with Watermere, Redbud
Breakfast included, Registrations Required
- Thursday March 12th at 10AM, Hearing Loss & Hearing Aids with AudioNova, Redbud,
Breakfast included, Registrations Required
- Wednesday March 18th at 10AM, Kidney Health with Health Hive, Post Oak A
Breakfast included, Registrations Required

World Medical Group presents:

- Thursday March 19th at 10AM, Osteoarthritis: Knees, Hips & Shoulders, Post Oak A
- Monday March 23rd at 10AM, Neuropathy With Dr. Jason Meyer, Post Oak A

COOKING & PAINTING CLASSES

Step into a Culinary Experience with Grace in the **ACTIV Kitchen!**

- Nut Crusted Chicken & Chocolate Mousse
Thursday, Mar. 12 | 1-3 PM | \$15
- Mediterranean Meal of Tuscan Bean Soup, Roasted Pears, and more
Thursday, Mar. 19 | 1-3 PM | \$15
- Caponata Pasta and Grilled Oatmeal Cake
Thursday, Mar. 26 | 1-3 PM | \$15

PAINTING WITH CHRISTEN:

Wednesday, Mar 25 | 1-4 PM | \$40
You Can Paint "Tropical Vacation" Acrylic
All supplies included, Redbud



2061 W. GREEN OAKS BLVD
ARLINGTON, TX 76013

PHONE: 817-575-3400

March
2026

SOCIAL SIDE HOURS:
(WEST ENTRANCE)

Monday-Friday 8AM-5PM

ACTIVE SIDE HOURS:
(SOUTH ENTRANCE)

Monday-Friday 6AM - 8PM
Saturday 8AM - 5PM
Sunday 12PM-5PM



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6

9:00-Craft Social, [Redbud](#)
 10:00-Learn to Knit with Judy Lesson Every Monday, [Post Oak-A](#)
 12:00-Craft with Kimberly, Cupcake Gift Basket, [Post Oak-A](#), \$6
 12:30-Melody Makers, [Redbud](#)
 2:30-Chair Volleyball, [Post Oak-A](#)
 2:30-Hula Hoop, [Elm](#)

7

9:00-Book Club AM, [Redbud](#)
 9:00-Bridge, [Post Oak-B](#)
 10:00-Learn to Play Texas Hold 'Em, [Post Oak-B](#)
 10:00-Games, [Cedar Lounge](#)
 1:00-Bingo, [Post Oak-A](#), \$2
 1:00-Mah Jongg 101,-1/4, \$8 [Post Oak B](#)
 3:30-Book Club PM [Post Oak-A](#)

8

9:00-Clay Animal, Part 1 of 2 [Redbud](#), \$6
 10:00-Games, [Cedar Lounge](#)
 12:30-Music Sing Along, [Redbud](#)
 1:00-Tech Connect, [Post Oak-A](#)
 1:30-Rhythmic Hand Drumming with Derek, [Redbud](#)
 2:30-Chair Volleyball, [Post Oak A](#)
 2:30-Hula Hoop, [Elm](#)

9

9:00-Open Play Mah Jongg, Intro Levels Welcome [Post Oak-B](#)
 10:30-Power Talk Don't Let Gravity Win, [Redbud](#)
 10:00-Games, [Cedar Lounge](#)
 1:00-Origami Animals [Redbud](#), \$3
 1:00-Cooking Class- Piperade, & Oatmeal Cake, [Kitchen](#), \$15
 1:30-42 Dominos [Post Oak-B](#)

10

9:00-Nine-Ball Pool Tournament, *Please arrive early to allow for enough play time, [Cedar Lounge](#)\$2
 10:00-Bridge, [Post Oak-B](#)
 10:00-Open Play Mah Jongg, [Post Oak-B](#)
 12:30-Birthday Karaoke for April, [Post Oak-A](#)

13

8:45-Power Talk Stronger Than Stiffness, Building Mobility Beyond Arthritis, [Post OakA](#)
 9:00-Craft Social, [Redbud](#)
 10:00-Learn to Knit with Judy Lesson Every Monday, [Post Oak-A](#)
 12:30-Melody Makers, [Redbud](#)
 2:30-Chair Volleyball, [Post Oak-A](#)
 2:30-Hula Hoop, [Elm](#)

14

9:00-Bridge, [Post Oak-B](#)
 10:00-Learn to Play Texas Hold 'Em, [Post Oak-B](#)
 10:00-Games, [Cedar Lounge](#)
 1:00-Mah Jongg 101, -2/4, [Post Oak B](#)
 2:00-Cricut - Custom Hand Towel, [Redbud](#), \$8

15

9:00-Clay Animal Part 2, [Redbud](#)
 10:00-Destress with Gardening & Outdoor Hobbies, with Health Hive [Post Oak-A](#)
 10:00-Games, [Cedar Lounge](#)
 1:00-Tech Connect, [Post Oak-A](#)
 1:30-Rhythmic Hand Drumming with Derek, [Redbud](#)
 2:30-Chair Volleyball, [Post Oak A](#)
 2:30-Hula Hoop, [Elm](#)

16

9:00-Open Play Mah Jongg, Intro Levels Welcome, [Redbud](#)
 10:00-Games, [Cedar Lounge](#)
 12:00-**Grill N' Chill with Butch!** \$3 Facility Fee, [Post Oak](#)
 1:00-Cooking Class-Zucchini Egg Casserole & WW2 Chocolate Cake, [Kitchen](#), \$15
 11:30-Ping Pong Instructor Lead Clinic, [Redbud](#)
 1:00-Ping Pong-Beginner Friendly Competition, \$2
 1:30-42 Dominos [Cedar Lounge](#)

17

9:00-Eight-Ball Pool Tournament, *Please arrive early to allow for enough play time, [Cedar Lounge](#)\$2
 10:00-Bridge, [Post Oak-B](#)
 10:00-Open Play Mah Jongg, [Post Oak-B](#)
 1:30-Spud & Show, [Post Oak-A](#), \$3 (Movie & Baked Potato)

20/27

9:00-Craft Social, [Redbud](#)
 10:00-Learn to Knit with Judy Lesson Every Monday, [Post Oak-A](#)
 12:00-Craft with Kimberly, Wreaths, [Post Oak-A](#), \$6
 12:30-Melody Makers, [Redbud](#)
 2:30-Chair Volleyball, [Post Oak-A](#)
 2:30-Hula Hoop, [Elm](#)
Registrants: Please check your email for beginner videos from your instructor prior to attending class

21/28

8:15-21st EngAGE Breakfast at Skillet-N-Grill. *Pay on your own
 9:00-Bridge, [Post Oak-B](#)
 10:00-10 Warning Signs of Alzheimer's, [Redbud](#)
 10:00-Open Play Texas Hold 'Em, [Post Oak-B](#)
 10:00-Games, [Cedar Lounge](#)
 1:00-Mah Jongg 101, 3&4 of 4 [Post Oak B](#)
 2:00-Cricut [Redbud](#):
21st Gift Card Holder, \$8
28th Vinyl Labels, \$8

22/29

9:00-22nd Craft Class - Easter Decoupage, [Redbud](#), \$3
29th Mini Pinata [Redbud](#), \$3
 10:00-Games, [Cedar Lounge](#)
 12:30-22nd Music Sing Along & Rhythmic Hand Drumming Jam Session, [Terrace \(Weather Permitting\)](#)
 1:00-29th Tech Connect, [Post Oak-A](#)
 2:30-Hula Hoop, [Elm](#)
 2:30-Chair Volleyball, [Post Oak A](#)

23/30

9:00-Open Play Mah Jongg, Intro Levels Welcome [Post Oak-B](#)
 10:00-Games, [Cedar Lounge](#)
 10:30-23rdPower Talk, Boost Your Digestion, [Redbud](#)
 1:00-23rd-Bingo, [Post Oak-A](#), \$2
 1:00-Origami, Cards with Mini Folded Clothes [Redbud](#), \$3
 1:00-April 23rd&30th[Kitchen](#), \$15 (Two separate sessions)
 Cooking Class- Ciambotta w/Pesto & Scotch Cake
 1:30-42 Dominos [Post Oak-B](#)

24

9:00-Co-Ed Doubles Pool Tournament, *Please arrive early to allow for enough play time, [CedarLounge](#), \$2
You are welcome to pre-pair in partners. Available partner players on a first come first serve basis.
 9:30-Medicare 101 with Health Hive, [Redbud](#)
 10:00-Bridge, [Post Oak-B](#)
 10:00-Open Play Mah Jongg, [Post Oak-B](#)

POWER TALKS

- Thursday April 2nd at 1:30pm: Smart Senior Series “Aging Solo: Unique Considerations For Life On Your Own”, Post Oak A
- Tuesday April 7th at 10am: “Peace Of Mind for Paws & Claws” with Brett Oliver, Ram Insurance Services, Redbud. Light Breakfast Provided, Registration Required.
- Thursday April 9th at 10:30am: “Don’t Let Gravity Win: Learn it, Move it, Live it!” with Christina Kiser, Encompass Health. Breakfast/Giveaways, Registrations Required
- Monday April 13th at 8:45am: “Stronger Than Stiffness, Building Mobility Beyond Arthritis” with Dr Walsh, Arlington Orthopedic Specialists. Breakfast, Registration Required
- Wednesday April 15th at 10am, “Destress with Gardening & Outdoor Hobbies” - Health Hive. Breakfast Provided, Registration Required
- Tuesday April 21st at 10am: “10 Warning Signs of Alzheimer’s & Dementia” with the Alzheimer’s Association. Lunch Provided, Registration Required
- Thursday April 23rd at 10:30am: “Boost Your Digestion” with CenterWell, Light Breakfast Provided, Registration Required

Cricut Classes

Tuesday, Apr. 14 | 2-4 PM | \$8

Custom Hand Towel

Tuesday, Apr. 21 | 2-4 PM | \$8

Gift Card Holder

Tuesday, Apr. 28 | 2-4 PM | \$8

Vinyl Labels for Spice Jars, Drawers, and more

Meals on Wheels

Thursday, Apr. 23 | 12:30 PM |

Nutrition Education by Abby Limon

Come Shout BINGO with us!

April 7th and 23rd | 1 PM |

DAY TRIPS

Fort Worth Botanic Garden
Thursday the 9th from
9:00AM-2:30PM - \$18

John Wayne Museum
& Fort Worth Stock Yards
Thursday the 23rd from
9:00AM-2:30PM - \$40

Grill N’ Chill with Butch

Thursday, April 16 | 12 – 2 PM
BBQ, Friends, and Fun!
Butch is bringing in the flavor.
\$3 Facility Fee in Post Oak Hall



Education Session: What to Consider
When Gardening this Summer!
Monday Apr. 6th at 1 PM

COOKING & PAINTING CLASSES

Step into a Culinary Experience with Grace in
the ACTIV Kitchen!

Thursday, Apr. 9 | 1-3 PM | \$15each
Piperade (Eggs), Dolmathes, and Oatmeal Cake
Thursday, Apr. 16 | 1-3 PM | \$15
*Greek Style Zucchini Egg Casserole
and WW2 Chocolate Mayo Cake*
Tues. & Thurs. Apr. 23 & 30 | 1-3 PM | \$15
Ciambotta with Pesto and Scotch Cake

PAINTING WITH CHRISTEN:

Wednesday, Apr 22 | 1-4 PM | \$40
You Can Paint “Sunset Silhouette” Oils
All supplies included, Redbud



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APRIL
2026

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(WEST ENTRANCE)

Monday-Friday 8AM-5PM

ACTIVE SIDE HOURS:
(SOUTH ENTRANCE)

Monday-Friday 6AM - 8PM
Saturday 8AM - 5PM
Sunday 12PM-5PM

