

March 2025

(Daytime Activities Before 5 PM)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
Key: BR= Billiard Rm CR= Craft Room RH= Regency Hill Clubroom RHF= Regency Hill Fitness Ce IP= Indoor Pool L= Library	GYM= Sloan Exercise OP= Open Play S= Sloan Clubroom SF= Sloan Fitness SPD= Sloan Pool Deck RA= Reception Area	February <table> <tr><th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td></tr> </table>	Su	M	Tu	W	Th	F	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				April <table> <tr><th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	Su	M	Tu	W	Th	F	Sa			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				1 2:00p Table Tennis SF
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2 2:00p Table Tennis SF 2:00p Sunday Speaker Series E Vehicles	3 7:30a Aerobics RH 10:00a Table Tennis SF 10:00a Chair Yoga S 12:00 Zumba SF 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	4 9:15a Aerobics SF 9:15a Gentle flow Yoga RH 11:00a Gentle Flow Yoga S 1:00p Mah Jongg S 1:00p Canasta RH 4:00p LeCercle Francais BR 4:00p Water Aerobics IP	5 Ash Wednesday 7:30a Aerobics RH 9:30a Gentle Yoga SF 11:00a Chair Yoga SF 1:00p Table Tennis SF 1:00p Stitches S 1:00p Mah Jongg RH	6 9:15a Aerobics SF 10:00a Table Tennis SF 1:00p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	7 7:30a Aerobics RH 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00p Volleyball IP	8 Int'l. Women's Day 12:00p Setup Wine Club #1 2:00p Table Tennis SF																																																																																				
9 2:00p Table Tennis SF	10 7:30a Aerobics RH 10:00a Table Tennis SF 10:00a Chair Yoga S 12:00 Zumba SF 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	11 9:15a Aerobics SF 9:15a Gentle Flow Yoga RH 11:00a Gentle Flow Yoga SF 12:00p Ladies Lunch Bunch 1:00p Mah Jongg S 1:00p Canasta RH 4:00p Water Aerobics IP	12 7:30a Aerobics RH 9:00a ARC S 9:30a Gentle Yoga SF 11:00a Chair Yoga SF 1:00p Table Tennis SF 1:00p Stitches S 1:00p Mah Jongg RH 3:00-5:00p Pool Basketball	13 9:15a Aerobics SF 10:00a Th morn Bk Club #4 S 10:00a Table Tennis SF 1:00p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	14 7:30a Aerobics RH 9:00a Coffee at the 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00p Volleyball IP	15 12:00-3:00p Reg Irregulars S 2:00p Table Tennis SF 12:00p Setup Wine Club #3																																																																																				
16 2:00p Table Tennis SF 2:00 Sunday Speaker Series Balance and Fall Prevention	17 St Patrick's Day 🍀 7:30a Aerobics RH 10:00a Table Tennis SF 10:00a Chair Yoga S 12:00 Zumba SF 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	18 9:15a Aerobics SF 9:15a Gentle Flow Yoga RH 11:00a Gentle Flow Yoga SF 1:00p Mah Jongg S 1:00p Canasta RH 4:00p Water Aerobics IP	19 7:30a Aerobics RH 9:30a Gentle Yoga SF 11:00a Chair Yoga SF 1:00p Table Tennis SF 1:00p Stitches S 1:00p Mah Jongg RH	20 Start of Spring 9:15a Aerobics SF 10:00a Th morn Bk Club #3 10:00a Table Tennis SF 1:00p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	21 7:30a Aerobics RH 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00p Volleyball IP	22 12:00P Setup Cocktail Party 2:00p Table Tennis SF																																																																																				
23 2:00p Table Tennis SF 12:00p Setup Wine Club #2 S	24 7:30a Aerobics RH 10:00a Table Tennis SF 10:00a Chair Yoga S 12:00 Zumba SF 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	25 9:15a Aerobics SF 9:15a Gentle flow Yoga RH 11:00a Gentle Flow Yoga SF 1:00p Mah Jongg S 1:00p Canasta RH 4:00p Water Aerobics IP	26 7:30a Aerobics RH 9:00 HOA S 9:30a Gentle Yoga SF 11:00a Chair Yoga SF 1:00p Table Tennis SF 1:00p Stitches S 1:00p Mah Jongg RH 3:00-5:00p Pool Basketball	27 9:15a Aerobics SF 10:00a Table Tennis SF 1:00p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP 9-12 Pond Meeting BR	28 7:30a Aerobics RH 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00p Volleyball IP	29 2:00p Table Tennis SF Rock and Roll Party setup noon S																																																																																				
30 2:00p Table Tennis SF	31 7:30a Aerobics RH 10:00a Table Tennis SF 10:00a Chair Yoga S 12:00 Zumba SF 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	Notes:																																																																																								