

# MARCH 2026 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena

Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p><b>3</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) Mental Wellness: Discover Your Passion (1 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p><b>4</b></p> <p>Functional Fitness (9-9:55 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Paint &amp; Sip (2 p.m.)</p>	<p><b>5</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Dr. Prothero Lecture (1 p.m.) Sewing Techniques (1-4:20 p.m.)</p>	<p><b>6</b></p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Jay Kelly Violin Performance (3:30-4 p.m.)</p>
<p><b>9</b></p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Movie (1 p.m.) 2001 Space Odyssey Mah Jong (1:30-4:30 p.m.)</p>	<p><b>10</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p><b>11</b></p> <p>Functional Fitness (9-9:55 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) BINGO (1 p.m.) Elder Wisdom Group (1-2:30 p.m.)</p>	<p><b>12</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Sewing Techniques (1-4:20 p.m.) DAR Trip – Walmart</p>	<p><b>13</b></p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) A Hard Day's Night Intergenerational Activity- 3 p.m. Pie Day with Camp Med</p>
<p><b>16</b></p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Movie (1 p.m.) Love At First Bite Mah Jong (1:30-4:30 p.m.)</p>	<p><b>17</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings &amp; Counseling (9-11 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) Ballroom Dancing (1-2 p.m.) Women's Month- Celebrating Women Through Zines (2-4 p.m.)</p>	<p><b>18</b></p> <p>Functional Fitness (9-9:55 a.m.) <b>Cancelled</b> Book Discussion (10-11:00 a.m.) Chair Yoga (10:30-11:15 a.m.) - Community Room Meditation (11:30 a.m.-12:30 p.m.) - Community Room St. Patrick's Day Luncheon (11:45 a.m.) <b>Advanced Reservations Required</b> Tech Day (3:30-5 p.m.)</p>	<p><b>19</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Sewing Techniques (1-4:20 p.m.)</p>	<p><b>20</b></p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Hearing Screenings (9-11 a.m.) Movie (1-3 p.m.) Wake Up Dead Man</p>
<p><b>23</b></p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Movie (1 p.m.) Wadjda Mah Jong (1:30-4:30 p.m.)</p>	<p><b>24</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p><b>25</b></p> <p>Functional Fitness (9-9:55 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Elder Wisdom Group (1-2:30 p.m.) Senior Excursion – Getty Center</p>	<p><b>26</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) DAR Trip – Costco/Target Spanish (Beginner) (10-11 a.m.) Sewing Techniques (1-4:20 p.m.)</p>	<p><b>27</b></p> <p>Functional Fitness (9-10 a.m.) Coffee &amp; Treats (10-11 a.m.) Please RSVP. Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Law of Attraction</p>
<p><b>30</b></p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p><b>31</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) Ballroom Dancing (1-2 p.m.)</p>			