

MARCH 2026



Senior Connection

*A Newsletter for Active Adults 50+
March 2026 - Volume 14, Issue 3*

M	TU	W	TH	F	S
2	3  Bingo & Lunch to Go 10:30am-1pm	4  Piece Finders Puzzle Club 1-3pm	5 Memory Screening 2-4pm	6	7
9	10	11 Cardio Interval 10-11am Munch & Mingle 11am-1pm	12	13  Get Out & Go! 11am-1pm	14
16	17 <i>Happy St. Patrick's Day</i> Bingo & Lunch to Go 10:30am-1pm	18 Cardio Interval 10-11am Piece Finders Puzzle Club 1-3pm	19 Movie Night 5:30-8:30pm 	20 Field Trip 2:30-10:30pm	21
23	24	25 Cardio Interval 10-11am Bargain & Bites 10:30am-1pm	26 Field Trip 8am-5pm	27 Easter Egg Hunt 10am-1pm Brain Busters Trivia Hour 2-3:30pm	28
30	31 Food for Thought 9-10am Book Club 1-2pm				



NEW! Cardio Interval with Valerie Fetsch

Join us for a cardio interval class, starting March 11, designed for adults 50+ who want to improve cardio respiratory fitness. Experience bursts of higher intensity movement paired with lower intensity recovery, adaptable for all fitness levels. Each participant's "high intensity" level will look different based on their individual abilities and comfort. A certified personal trainer/fitness instructor will lead you through a warm up, energizing cardio intervals, and light stretching.

Low to High Intensity. **FREE.**

MARK YOUR CALENDAR

PROGRAMS

Bingo & Lunch To-Go

Tuesday, March 3 and 17 from 10:30am-1pm

Join us for bingo and lunch. **Don't forget to register in advance! \$10 per person.**

Piece Finders

Wednesday, March 4 & 18 from 1pm-3pm

Join us for Puzzle Club. Puzzles and tables are provided, or bring your own. Snacks included **FREE.**

Munch & Mingle

Wednesday March 11 from 11am-1pm

Come hang out with old friends and meet new ones over lunch at IHOP. **Participants provide their own transportation and money for lunch.**

Food for Thought

Tuesday, March 31 from 9am-10am

Join us to hear from a special guest speaker. Please register in advance so we can plan food accordingly. **FREE.**

Book Club

Tuesday, March 31 from 1pm-2pm

Meet us at the Harris Center for the Read and Reflect Book Club. This month's discussion features *My Friends* by Fredrik Backman. **FREE.**

Get Out & Go!

Friday, March 13 from 11am-1pm
Ann Pearson Park Picnic

Meet with us at Ann Pearson Park to enjoy a picnic! **\$5/person.**

Bargain & Bites

Wednesday, March 25

Join us for Lunch at Laredo's and Thrift at Goodwill! **Free. Bring money for lunch and shopping.**

SPECIAL EVENT

Easter Egg Hunt & Lunch

Who says kids get to have all the fun? Come out for the 50+ Easter egg hunt and lunch! Gather for fellowship and a good meal before searching high and low for goody-filled eggs all over the Harris Center. Leave no stone, leaf, or chair unturned to find the most eggs and win a multitude of prizes! **You must be registered by Friday, March 27. \$10/person.**

FIELD TRIPS

"Hairspray The Broadway Musical" Springer Opera House

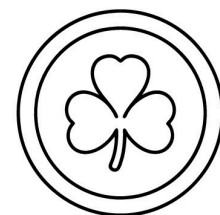
Friday, March 20 from 2:30pm-10:30pm

Join us as we visit the Springer Opera House again, to watch Hairspray! It is a family-friendly musical, piled bouffant-high with laughter, romance and deliriously tuneful songs. **Please bring extra money for dinner. \$70/person.**

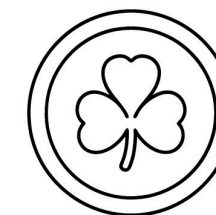
Gone With the Wind Museum

Thursday, March 26 from 8am-5pm

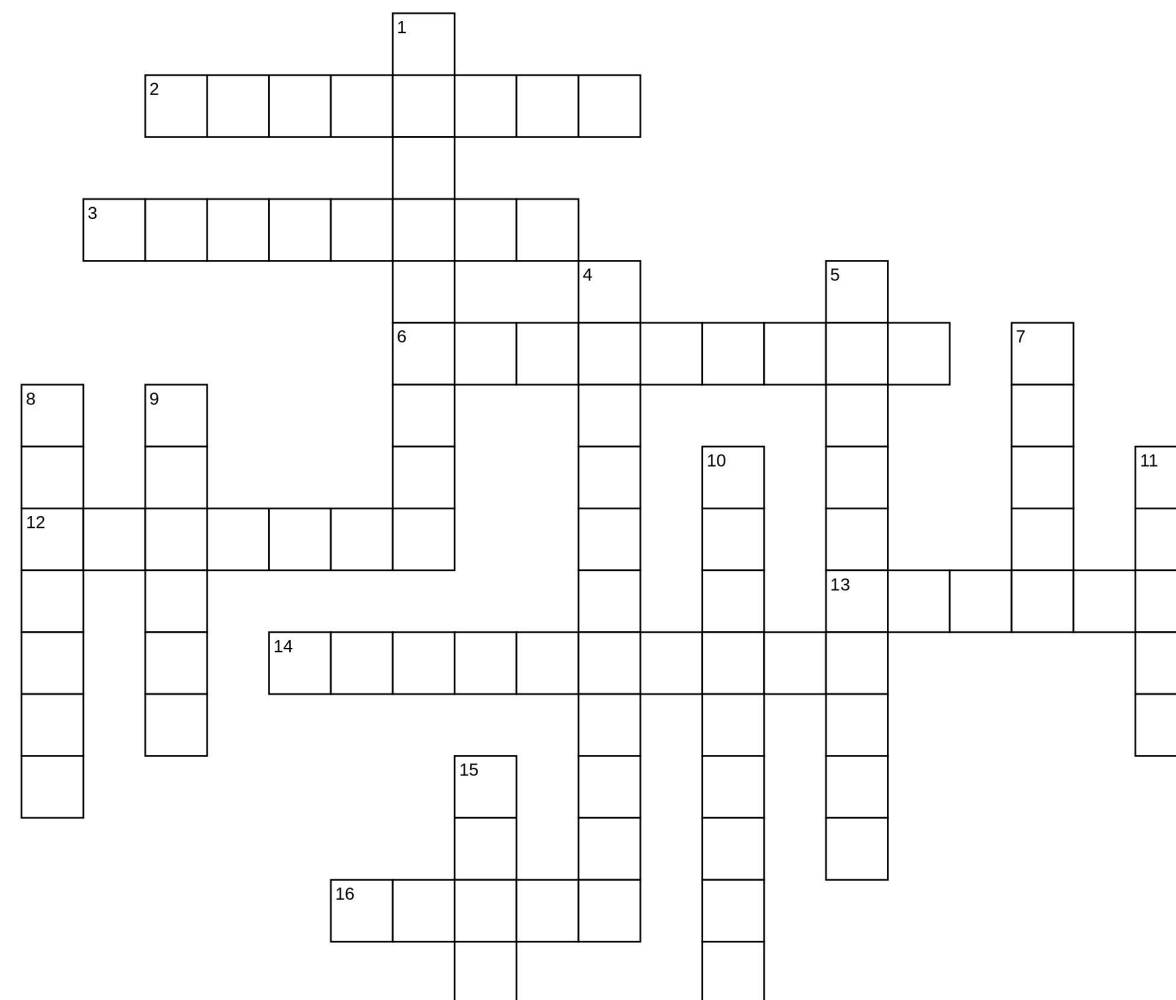
Step into history at the Gone with the Wind Museum in Atlanta, Georgia! Explore rare memorabilia and enjoy a guided tour that brings the film and its era to life. Perfect for movie fans and history lovers. **Please bring money for lunch. \$15/person.**



ST. PATRICK'S DAY



CROSSWORD



Across

2. Irish flag with three stripes of green, white, and orange.
3. Small green clover often linked with St. Patrick's Day.
6. Drink served on St. Patrick's Day that is colored bright green.
12. Island country known as the Emerald Isle.
13. Word describing the ancient peoples, art, and music of Ireland.
14. Traditional Irish wooden walking stick/club.
16. Month when St. Patrick's Day is celebrated.

Down

1. Treasure that is said to be found at the end of a rainbow.
4. Date of St. Patrick's Day in March.
5. Little fairy man in Irish tales who hides a pot of gold.
7. Short wish or speech before drinking.
8. Colorful arc in the sky after rain.
9. Traditional language spoken in Ireland.
10. Patron saint celebrated on March 17.
11. Feeling when good things happen to you.
15. Stringed instrument symbol of Ireland.