



UCCS at a GLANCE – March 2026

For detailed program and event information,
Please contact uccs@uhs.on.ca or (437) 431-2831

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. 10:00-Tai Chi – Level I (BC) 1:10- Mind Games (Virtual) 1:10- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>3. 12:30- Mahjong 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance</p>	<p>4. 1:10-Move to Stay Fit 1:30- Painting Class</p>	<p>5. 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance</p> <p><i>Podiatry Clinic – Call UCCS for appointment times</i></p>	<p>6. No Program</p>
<p>9. 10:00-Tai Chi – Level I (BC) 1:10- Mind Games (Virtual) 1:10- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>10. 12:30- Mahjong 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance</p>	<p>11. 1:00 – Tech Talk (Asian Social Virtual Program) 1:10-Move to Stay Fit</p>	<p>12. 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance</p>	<p>13. No Program</p>
<p>16. 10:00-Tai Chi – Level I (BC) 1:10- Mind Games (Virtual) 1:10- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>17. 12:30- Mahjong 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance</p>	<p>18. 1:10- Move to Stay Fit 1:30- Painting Class 2:00- <i>Snack and Speak Spotlight with CHATS: Self-Care and Building Resilience</i></p>	<p>19. 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance</p>	<p>20. No Program</p>

<p>23. 10:00-Tai Chi – Level I (BC) 1:10- Mind Games (Virtual) 1:10- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>24. 12:30- Mahjong 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance 4:00- Senior Care Tech Connect</p>	<p>25. Lucky Charms Luncheon <i>Celebrating St. Patrick's Day and Irish Culture</i> Noon to 1:30 pm <i>Move to Stay Fit – Cancelled</i></p>	<p>26. 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout <i>Posture and Balance - Cancelled</i></p>	<p>27. No Program</p>
<p>30. 10:00-Tai Chi – Level I (BC) 1:10- Mind Games (Virtual) 1:10- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>31. 12:30- Mahjong 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance</p>			

(BC) Bethesda Evangelical Lutheran Church. All other programming at Central United Church.