



Senior Center Activities

MARCH 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 9:45 AM SENIORCISE 10:00 AM BINGO	3 HICAP 9:30 AM SHOPPING TRIP FOODSCO 10:00 AM WORD GAME	4 9:45 AM SENIORCISE 10:00 AM SIP AND PAINT <i>*Steering Committee</i>	5 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM BINGO	6 9:45 AM TRIVIA 10:00 AM WORD GAME	7 CLOSED
8 CLOSED	9 9:45 AM SENIORCISE 10:00 AM BINGO	10 HICAP 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM WORD GAME	11 10:00 AM TENANTS RIGHTS PRESENTATION 11:15 AM MINI BINGO <i>*Mini Grocery Bag</i>	12 9:30 AM SHOPPING TRIP DOLLAR TREE/ GOODWILL (WATT) 10:00 AM BINGO	13 9:45 AM TRIVIA 10:00 AM WORD GAME <i>*Breakfast provided by Sac. Vineyard Church</i>	14 CLOSED
15 CLOSED	16 9:45 AM SENIORCISE 10:00 AM BINGO	17 HICAP 10:00 AM ST. PATRICK'S DAY CELEBRATION POTLUCK	18 9:30 AM SHOPPING TRIP DESERET THRIFT STORE 10:00 AM BINGO	19 10:00 AM PAINTING POTS 11:45 AM MUDDY FINGERS	20 10:00 AM KARAOKE 🍰 11:15 AM MARCH BIRTHDAY CELEBRATION	21 CLOSED
22 CLOSED	23 9:45 AM SENIORCISE 10:00 AM BINGO	24 HICAP 10:00 AM ALZHEIMER'S & DEMENTIA PRESENTATION 11:15 AM MINI BINGO <i>*Grocery Bags</i>	25 9:45 AM TRIVIA 10:00 AM WORD GAME <i>*Steering Committee</i>	26 CLOSED <i>*for building maintenance</i>	27 CLOSED <i>*for building maintenance</i>	28 CLOSED
29	30 9:45 AM SENIORCISE 10:00 AM BINGO	31 9:30 AM SHOPPING TRIP ROSS 10:00 AM WORD GAME	Contact Yanet at 916-927-1303 or yanet@stanfordsettlement.org Senior Center at Stanford Settlement Neighborhood Center 450 W. El Camino Ave.			

For Meals on Wheels lunch reservations, please call Yanet at 916-927-1303.
Lunch is served daily at 11:30 a.m.