



FRIENDSWOOD SENIOR CENTER

Daily Activity Calendar

March 2026



SUN CLOSED	MON 9:00 AM - 3:00 PM	TUE 9:00 AM - 3:00 PM	WED 9:00 AM - 3:00 PM	THU 9:00 AM - 3:00 PM	FRI 9:00 AM - 3:00 PM	SAT CLOSED	
1	2 9:00 am Int. Bridge 9:30 am Yoga 10:45 am Weight Training 11:00 am Chair Volleyball 12:00 pm Bible Study 1:00 pm Rummikub 1:00 pm Five Crowns Reminder Register for Trips/Events Event 9:30 am Breakfast Tacos 1:00 pm Bingo	3 9:00 am Strong People 9:00 am Beg. Mah Jongg 10:00 am Balance Class 10:00 am Texas Hold'em 11:30 am Zumba Gold 1:00 pm Bunco 1:00 pm Ping Pong 1:00 pm Mexican Train 1:00 pm Adv. Crochet 1:00 pm Five Crowns	4 9:00 am Dominos(42) 10:00 am Pinochle 10:00 am Beg. Zentangle <i>No Painting</i> NO DAILY ACTIVITIES IN THE MAIN ROOM FITNESS ROOM UNAVAILABLE TILL 1:00 PM FRIENDSWOOD NINJA WARRIOR 10:00 AM - 1:00 PM	5 9:00 am Strong People 10:00 am Yoga 10:15 am Weight Training 11:30 am Zumba Gold 12:30 pm Texas Hold'em 1:00 pm Chair Volleyball 1:00 pm Rummikub	6 9:00 am Mah Jongg 9:00 am Dominoes (42) 9:30 am Tap Dance 10:00 am Hand & Foot 10:00 am Chess 10:45 am Adv. Line Dance 12:00 pm Hand, Knee & Foot 12:30 pm Chair Yoga 12:30 pm Ping Pong 1:00 pm Painting 2:00 pm LCR Event Headlight Repair Pop Up 9:00 am	7	
8	9 9:00 am Int. Bridge 9:30 am Yoga 10:45 am Weight Training 11:00 am Chair Volleyball 12:00 pm Bible Study 1:00 pm Reg. Dominoes 1:00 pm Rummikub 1:00 pm Five Crowns Reminder Adv. Meeting 10:00 am Event Renal Failure Presentation 1:00 pm	10 9:00 am Strong People 9:00 am Beg. Mah Jongg 10:00 am Texas Hold'em 11:30 am Zumba Gold 1:00 pm Bunco 1:00 pm Ping Pong 1:00 pm Mexican Train 1:00 pm Adv. Crochet 1:00 pm Five Crowns	11 9:00 am Step Aerobics 9:00 am Dominos(42) 10:00 am Hand & Foot 10:00 am Pinochle 10:00 am Beg. Zentangle 10:15 am Int. Line Dance 11:30 am Beg. Line Dance 1:00 pm Painting Event Bingo 1:00 pm	12 9:00 am Strong People 10:00 am Yoga 10:15 am Weight Training 11:30 am Zumba Gold 12:30 pm Texas Hold'em 1:00 pm Chair Volleyball 1:00 pm Rummikub	13 9:00 am Mah Jongg 9:00 am Dominoes (42) 9:30 am Tap Dance 10:00 am Hand & Foot 10:00 am Chess 10:45 am Adv. Line Dance 12:00 pm Hand, Knee & Foot 12:30 pm Chair Yoga 12:30 pm Ping Pong 1:00 pm Painting (END) 2:00 pm LCR	14	
15	16 9:00 am Int. Bridge 9:30 am Yoga 10:45 am Weight Training 11:00 am Chair Volleyball 12:00 pm Bible Study 1:00 pm Rummikub 1:00 pm Five Crowns Event Cooking with Herbs & Spices Workshop 1:00 pm	17 9:00 am Strong People 9:00 am Beg. Mah Jongg 10:00 am Balance Class 10:00 am Texas Hold'em 11:30 am Zumba Gold 1:00 pm Bunco 1:00 pm Ping Pong 1:00 pm Mexican Train 1:00 pm Adv. Crochet 1:00 pm Five Crowns Event St. Patrick's Day Treats (Wear any shade of green) 9:00 am	18 9:00 am Step Aerobics 9:00 am Dominos(42) 10:00 am Hand & Foot 10:00 am Pinochle 10:00 am Beg. Zentangle 10:15 am Int. Line Dance 11:30 am Beg. Line Dance 1:00 pm Painting Event Loteria (Mexican Bingo) 1:00 pm	19 9:00 am Strong People 10:00 am Yoga 10:15 am Weight Training 11:30 am Zumba Gold 12:30 pm Texas Hold'em 1:00 pm Chair Volleyball 1:00 pm Rummikub Trip Out To Lunch: Noah's Ark Bar & Grill 10:30 am	20 9:00 am Mah Jongg 9:00 am Dominoes (42) 9:30 am Tap Dance 10:00 am Hand & Foot 10:00 am Chess 10:45 am Adv. Line Dance 12:00 pm Hand, Knee & Foot 12:30 pm Chair Yoga 12:30 pm Ping Pong 1:00 pm Painting (START) 2:00 pm LCR Trip Livestock & Rodeo 1:30 pm	21	
22	23 9:00 am Int. Bridge 9:30 am Yoga 10:45 am Weight Training 11:00 am Chair Volleyball 12:00 pm Bible Study 1:00 pm Reg. Dominoes 1:00 pm Rummikub 1:00 pm Five Crowns Event Gastroenterologist Presentation 1:00 pm	24 9:00 am Strong People 9:00 am Beg. Mah Jongg 10:00 am Texas Hold'em 11:30 am Zumba Gold 1:00 pm Bunco 1:00 pm Ping Pong 1:00 pm Mexican Train 1:00 pm Adv. Crochet 1:00 pm Five Crowns	25 NO DAILY ACTIVITIES/ PROGRAMS NO BUS SERVICE FITNESS ROOM UNAVAILABLE SPAGHETTI FUNDRAISER 11:00 AM - 1:00 PM \$10 PER PLATE WITH ADVANCE PURCHASE	26 9:00 am Strong People 10:00 am Yoga 10:15 am Weight Training 11:30 am Zumba Gold 12:30 pm Texas Hold'em 1:00 pm Chair Volleyball 1:00 pm Rummikub Trip Horseshoe Casino 8:00 am Event Wicked: For Good (Film) 11:30 am	27 9:00 am Mah Jongg 9:00 am Dominoes (42) 9:30 am Tap Dance 10:00 am Hand & Foot 10:00 am Chess 10:45 am Adv. Line Dance 12:00 pm Hand, Knee & Foot 12:30 pm Chair Yoga 12:30 pm Ping Pong 1:00 pm Painting 2:00 pm LCR Trip Hometown Opry: 50s 5:30 pm	28	
29	30 9:00 am Int. Bridge 9:30 am Yoga 10:45 am Weight Training 11:00 am Chair Volleyball 12:00 pm Bible Study 1:00 pm Rummikub 1:00 pm Five Crowns Event Karaoke & Cupcakes Social 1:00 pm	31 9:00 am Strong People 9:00 am Beg. Mah Jongg 10:00 am Balance Class 10:00 am Texas Hold'em 11:30 am Zumba Gold 1:00 pm Bunco 1:00 pm Ping Pong 1:00 pm Mexican Train 1:00 pm Adv. Crochet 1:00 pm Five Crowns Trip Antique Rose Emporium & Wildflower Trail 8:00 am					



FRIENDSWOOD SENIOR CENTER

Daily Activity Calendar

April 2026



SUN CLOSED	MON 9:00 AM - 3:00 PM	TUE 9:00 AM - 3:00 PM	WED 9:00 AM - 3:00 PM	THU 9:00 AM - 3:00 PM	FRI 9:00 AM - 3:00 PM	SAT CLOSED
			1 9:00 am Step Aerobics 9:00 am Dominos(42) 10:00 am Hand & Foot 10:00 am Pinochle 10:00 am Beg. Zentangle 10:15 am Int. Line Dance 11:30 am Beg. Line Dance 1:00 pm Painting (END) Reminder Register for Trips/Events Event 8:30 am Group Walk at Lake Friendswood 1:00 pm KFB Presentation	2 9:00 am Strong People 10:00 am Yoga 10:15 am Weight Training 11:30 am Zumba Gold 12:30 pm Texas Hold'em 1:00 pm Chair Volleyball 1:00 pm Rummikub	3 ALL CITY FACILITIES CLOSED GOOD FRIDAY HOLIDAY	4
5	6 9:00 am Int. Bridge 9:30 am Yoga 10:45 am Weight Training 11:00 am Chair Volleyball 12:00 pm Bible Study 1:00 pm Rummikub 1:00 pm Five Crowns Event Breakfast Tacos 9:30 am Bingo 1:00 pm	7 NO DAILY ACTIVITIES/ PROGRAMS NO BUS SERVICE FITNESS ROOM UNAVAILABLE SPRING PICNIC AT STEVENSON PARK 11:00 AM - 1:00 PM	8 9:00 am Step Aerobics 9:00 am Dominos(42) 10:00 am Hand & Foot 10:00 am Pinochle 10:00 am Beg. Zentangle 10:15 am Int. Line Dance 11:30 am Beg. Line Dance 1:00 pm Painting (START) Events Group Walk 8:30am at Centennial Park Faithful Paws Pet Therapy 1:00 pm	9 9:00 am Strong People 10:00 am Yoga 10:15 am Weight Training 11:30 am Zumba Gold 12:30 pm Texas Hold'em 1:00 pm Chair Volleyball 1:00 pm Rummikub Trip The George Ranch 12:45 pm	10 9:00 am Mah Jongg 9:00 am Dominoes (42) 9:30 am Tap Dance 10:00 am Hand & Foot 10:00 am Chess 10:45 am Adv. Line Dance 12:00 pm Hand, Knee & Foot 12:30 pm Chair Yoga 12:30 pm Ping Pong 1:00 pm Painting 2:00 pm LCR Trip Hometown Opry 5:30 pm	11
12	13 9:00 am Int. Bridge 9:30 am Yoga 10:45 am Weight Training 11:00 am Chair Volleyball 12:00 pm Bible Study 1:00 pm Reg. Dominoes 1:00 pm Rummikub 1:00 pm Five Crowns Reminder Adv. Meeting 10:00 am Event Singo Bingo 1:00 pm	14 9:00 am Strong People 9:00 am Beg. Mah Jongg 10:00 am Zumba Gold 10:00 am Texas Hold'em 1:00 pm Bunco 1:00 pm Ping Pong 1:00 pm Mexican Train 1:00 pm Adv. Crochet 1:00 pm Five Crowns Trip Out To Lunch: T-Bone Tom's 10:15 am	15 9:00 am Step Aerobics 9:00 am Dominos(42) 10:00 am Hand & Foot 10:00 am Pinochle 10:15 am Int. Line Dance 11:30 am Beg. Line Dance 1:00 pm Painting <i>No Beg. Zentangle</i> Events 8:30 am Group Walk at Stevenson Park 1:00 pm Loteria (Mexican Bingo)	16 9:00 am Strong People 10:00 am Yoga 10:15 am Weight Training 11:30 am Zumba Gold 12:30 pm Texas Hold'em 1:00 pm Chair Volleyball 1:00 pm Rummikub Trip Bingo & Lunch Grand Living at Tuscan Lakes 11:15 am	17 9:00 am Mah Jongg 9:00 am Dominoes (42) 9:30 am Tap Dance 10:00 am Hand & Foot 10:00 am Chess 10:45 am Adv. Line Dance 12:00 pm Hand, Knee & Foot 12:30 pm Chair Yoga 12:30 pm Ping Pong 1:00 pm Painting 2:00 pm LCR	18
19	20 9:00 am Int. Bridge 9:30 am Yoga 10:45 am Weight Training 11:00 am Chair Volleyball 12:00 pm Bible Study 1:00 pm Rummikub 1:00 pm Five Crowns Trip Fair & Rodeo Sr's Day 9:00 am Event Retirement Checkup 1:00pm	21 9:00 am Strong People 9:00 am Beg. Mah Jongg 10:00 am Zumba Gold 10:00 am Texas Hold'em 1:00 pm Bunco 1:00 pm Ping Pong 1:00 pm Mexican Train 1:00 pm Adv. Crochet 1:00 pm Five Crowns	22 9:00 am Step Aerobics 9:00 am Dominos(42) 10:00 am Hand & Foot 10:00 am Pinochle 10:15 am Int. Line Dance 11:30 am Beg. Line Dance 1:00 pm Painting <i>No Beg. Zentangle</i> Trip Historic Jail Museum 8 am Event Group Walk 8:30am at Centennial Park	23 9:00 am Strong People 10:00 am Yoga 10:15 am Weight Training 11:30 am Zumba Gold 12:30 pm Texas Hold'em 1:00 pm Chair Volleyball 1:00 pm Rummikub Event Song Sung Blue (Film) 11:30 am	24 9:00 am Mah Jongg 9:00 am Dominoes (42) 9:30 am Tap Dance 10:00 am Hand & Foot 10:00 am Chess 10:45 am Adv. Line Dance 12:00 pm Hand, Knee & Foot 12:30 pm Chair Yoga 12:30 pm Ping Pong 1:00 pm Painting (END) 2:00 pm LCR	25
26	27 9:00 am Int. Bridge 9:30 am Yoga 10:45 am Weight Training 11:00 am Chair Volleyball 12:00 pm Bible Study 1:00 pm Reg. Dominoes 1:00 pm Rummikub 1:00 pm Five Crowns Event Karaoke & Carrot Cake Social 1:00 pm	28 9:00 am Strong People 9:00 am Beg. Mah Jongg 10:00 am Zumba Gold 10:00 am Texas Hold'em 1:00 pm Bunco 1:00 pm Ping Pong 1:00 pm Mexican Train 1:00 pm Adv. Crochet 1:00 pm Five Crowns	29 9:00 am Step Aerobics 9:00 am Dominos(42) 10:00 am Hand & Foot 10:00 am Pinochle 10:00 am Beg. Zentangle 10:15 am Int. Line Dance 11:30 am Beg. Line Dance 1:00 pm Painting Events 8:30 am Group Walk at Stevenson Park 1:00 pm Bingo Trip Boat Ride 9:15 am	30 9:00 am Strong People 10:00 am Yoga 10:15 am Weight Training 11:30 am Zumba Gold 12:30 pm Texas Hold'em 1:00 pm Chair Volleyball 1:00 pm Rummikub		