

SC@CH MARCH 2026 SHOPPING AND ACTIVITY SCHEDULE

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <p><b>2</b><br/>                     9:00am- Arrival<br/>                     10:00am- SAIL Exercise class<br/>                     11:00am- Chat and Chew<br/>                     12:00pm- Lun<br/>                     1:30pm-Departure</p>   | <p><b>3</b><br/>                     9:00am - Arrival<br/>                     10:00am – Silver Sneakers Exercise Class<br/>                     11:00- Brain Teasers<br/>                     1:30 pm- Departure</p>   | <p><b>4</b><br/>                     9:00am - Arrival<br/>                     10:00am – SAIL Exercise class<br/>                     12:00 pm – Lunch<br/>                     1:30pm - Departure<br/>                     NATIONAL GRAMMER DAY</p>       | <p><b>5</b><br/>                     9:00am - Arrival<br/>                     9:30am – DC Public Library Washington, DC<br/>                     12:00pm - Lunch<br/>                     1:30 pm- Departure</p> | <p><b>6</b><br/>                     9:00 am Arrival<br/>                     10:00am – Walking at the Pentagon Mall (transportation Permitted)<br/>                     11:30am – White Board Games<br/>                     12:00pm – Lunch<br/>                     1:30pm - Departure</p>                                     |
| <p><b>9</b><br/>                     9:00am- Arrival<br/>                     10:00am- SAIL Exercise class<br/>                     11:00am- Chat and Chew<br/>                     12:00pm- Lunch<br/>                     12:30pm- music therapy<br/>                     1:30pm-Departure</p>   | <p><b>10</b><br/>                     9:00am -Arrival<br/>                     10:00- Silver Sneakers<br/>                     11:00am – <i>Nutrition- Ms. Deletra</i><br/>                     1:30 pm- Departure</p>  | <p><b>11</b><br/>                     9:00am- arrival<br/>                     10:00 am- SAIL Exercise class<br/>                     11:00am – Game of Concentration<br/>                     12 pm -Lunch<br/>                     1:30 pm Departure</p> | <p><b>12</b><br/>                     9:00 am Arrival<br/>                     9:30 am – Amish Market Upper Marlboro, MD<br/>                     12:00 pm- lunch<br/>                     1:30 pm Departure</p>  | <p><b>13</b><br/>                     9:00 am- Arrival<br/>                     10:00am – Walking at the Pentagon Mall (transportation Permitted)<br/>                     11:30am – White Board Games<br/>                     12:00pm – Lunch<br/>                     1:30pm Departure</p>                                     |
| <p><b>16</b><br/>                     9:00am- Arrival<br/>                     10:00am- SAIL Exercise class<br/>                     11:00am- Brain teaser/ Trivia<br/>                     12:00pm- Lunch<br/>                     1:30pm-Departure</p>  | <p><b>17</b><br/>                     9:00am Arrival<br/>                     10:00- Silver Sneakers<br/>                     11:00- St Patrick's day<br/>                     12:00pm Lunch</p>                      | <p><b>18</b><br/>                     9:00am Arrival<br/>                     10:00am- SAIL Exercise class<br/>                     11:00am Bingo<br/>                     12:00pm Lunch<br/>                     1:30pm –Departure</p>                    | <p><b>19</b><br/>                     9:00am Arrival<br/>                     9:30am Roses Discount Store Forestville, MD<br/>                     12:00 Lunch<br/>                     1:30pm Departure</p>      | <p><b>20</b><br/>                     9:00 am- Arrival<br/>                     10:00am– Walkers to Pentagon City Mall (Transportation permitting)<br/>                     12:00pm – Lunch<br/>                     1:30pm – Departure</p>  |

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| <p><b>23</b>      <b>National Puppy Day</b><br/>           9:00am – Arrival<br/>           10:00am – SAIL Exercise class<br/>           11:00am – Wii Bowling<br/>           12:00pm – Lunch<br/>           1:30pm- Departure</p>  | <p><b>24</b><br/>           9:00am - Arrival<br/>           10:00am – <b>Women’s month Celebration</b><br/>           12:00pm --Lunch<br/>           1:30pm- Departure</p>  | <p><b>25</b><br/>           9:00am- Arrival<br/>           10:00am- SAIL Exercise class<br/>           11:00am -White Board games<br/>           12:00pm – Lunch<br/>           1:30pm- Departure</p> | <p><b>26</b><br/>           9:00am - Arrival<br/>           9:30 am– Leesburg Factory Outlets<br/>           Leesburg, VA<br/>           12:00pm- Lunch<br/>           1:30pm - Departure</p> | <p><b>27</b><br/>           9:00 am- Arrival<br/>           10:00am– Walkers to Pentagon<br/>           City Mall (Transportation permitting)<br/>           12:00pm – Lunch<br/>           1:30pm – Departure</p> |
| <p><b>30</b><br/>           9:00am- Arrival<br/>           10:00 am- SAIL Exercise class<br/>           11:00am – Board games/Card games<br/>           11:30am – Brain Teaser<br/>           12:00pm - Lunch<br/>           1:30pm - Departure</p>   |    |   |   |    |