

ACTIVITIES CALENDAR

March 2026

500 E. Cherry Street, Cottonwood

www.vvscaz.org

Phone: (928) 634-5450

**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE!
 ANY DONATIONS WOULD BE GREATLY APPRECIATED**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Murder Mystery Monday 9am-10:30am Live Music 12pm-1pm	3) Movin' w/Ann 10:30am-11:45am Card Making w/ Suzanne Reed 1pm-2pm	4) Richard DeGroot 12pm-1pm Games 1pm-2pm	5)	6) Intro to Chair Yoga By Deb Payne 10:30-11:30am Grief Support 1-1:45pm
9) Murder Mystery Monday Live Music 12pm-1pm	10) Movin' w/Ann 10:30am-11:45am	11) Pianist Richard DeGroot 12pm-1pm Healthy U Series 1pm-2pm	12) Bingo! 1pm-2pm	13) Playing Pool w/Tom 10:30am-11:30am Grief Support 1-1:45pm
16) Murder Mystery Monday 9am-10:30am Westcot Preplanning 11am-12pm	17) Movin' w/Ann 10:30am-11:45am	18) Blood Pressure Clinic by Accord Hospice 11am-2pm Pianist Richard DeGroot 12pm-1pm	19) Vocalist Dianne Evans 12pm-1pm Dominos 1pm-2pm	20) Grief Support 1-1:45pm
23) Murder Mystery Monday 9am-10:30am Live Music 12pm-1pm	24) Movin' w/Ann 10:30am-11:45am	25) Pianist Richard DeGroot 12pm-1pm	26) Bingo! 1pm-2pm	27) Playing Pool w/Tom 10:30am-11:30am Grief Support 1-1:45pm

See Back for More Information

**Movin' w/Ann
Every Tuesday
10:30am-11:45am**

Exercise for all levels, shapes, sizes and ages!

Come and experience simple exercises and movements, focusing on the breath, gut health, joints, brain and fun.

Guaranteed to have a GREAT time!



**Card Making w/Suzanne Reed
Tuesday, March 3, 2026
1pm-2pm**



We Have a Chair Just for YOU!

**Friday, March 6
10:30 – 11:30 am
At the Station on 6th**

An Introduction to Chair Yoga - Join Us!

What are the Benefits of Chair Yoga?

Greater Flexibility

without getting down on the floor

Improved Circulation

through controlled, guided movements

Less Tension & Anxiety

thanks to breathwork and mindfulness

Stronger Posture & Balance

without overexerting muscles

Chair Yoga is for Every Body!

Deb Payne is a Certified Anusara Yoga Teacher, RYT500