

LunchPlus Ph. 828-884-3166

# SILVERMONT

364 E. Main St.

Transportation Ph. 828-884-3203

## March 2026

Brevard, NC 28712

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Exercise 	Bingo 	Puzzles 	<b>Presentation:</b> Vaya Health "Mental Health"	Chair Yoga 
	8	9	10	11	12	13
		Exercise 	Bingo 	<b>Presentation:</b> Americorp "senior Companion"	<b>Presentation:</b> Alignment Health "Butter Bean"	Bingo 
	15	16	17	18	19	20
		Crafts 	Bingo 	Brenda with Bands 	Dulcimers 	Stride For Health 
	22	23	24	25	26	27
		Exercise 	Bingo 	Game Day!!! 	<b>Presentation:</b> Opus Therapy "Aging in place"	Bryson Girls Sing-a-long 
	29	30	31			
		Exercise 	Bingo 			

Quebec Community Ctr. 828-862-4466

# QUEBEC

111846 Rosman Hwy

Transportation 828-884-3203

## March 2026

Lake Toxaway, NC 28747

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mobile Library 1 <sup>st</sup> Wednesday 10-12	2 Sara K  <b>Declutter</b>	3 Bingo 	4 Molly  <b>Four Seasons Grief</b>	5 Diana  <b>Fyzcal Fall Prevention</b>	6 Jennipher  ALZheimers	7
8	9 Fire Dept  <b>Fire Dept BP checks</b>	10 Bingo 	11 Fire Dept  <b>Safety</b>	12 Chet P  <b>Bird Feeders</b>	13 Bart R  <b>Planting</b>	14
15	16 Rosetta  <b>Craft</b>	17 Bingo 	18 Charlotte  <b>Spark Point</b>	19 David W  <b>Quebec Rivers</b>	20 Mary  <b>Chair Yoga</b>	21
22	23 Kimberly  <b>EMS BP's</b>	24 Bingo 	*25 Andrea  <b>Vaya- Hording Hidden</b>	26 Travis  <b>United Community Bank</b>	27 Marshal F  <b>The Bucket List</b>	28
29  Happy Birthday David C 3/19 Mobile Meals	30 Crystal W  <b>TCH 5<sup>th</sup> Grade</b>	31 Bingo 				
Happy Birthday Jim W 3/8 Steve B 3/9		<b>WNC Source 828-884-8855</b> <b>Kathy 706-831-2521</b> 				