

Bill Crisp Senior Center

"Enhancing the Quality of Life of a Senior"

March 2026
 Hours of Operation:
 Mon.- Fri. 8 am-7 pm
 Sat. 9 am-12 pm
 Sun. 2-5 pm
 (910) 433-1248

Matter of Balance

Falls Prevention Class. This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Pre-registration is required and participants must commit to attending at least 6 of 8 class sessions.
 55+; Wed.; March 4, 11, 18, 25 & Thurs.; March 5, 12, 19, 26; 1-3pm; Free



Memory Screening & Dementia Education
 Alzheimer's Foundation of America's National Memory Screening Program provides simple and safe "healthy brain check-ups", Pre-registration is required; Appointments run approximately 30 minutes.
 55+; Tuesday, March 10; 9am-12pm; Free

Aqua Zumba with Deesh!

Get Ready to Splash, Sweat, & Smile! Pre-registration is required. Please note: on these dates, pool will be closed until 9:45 am.
 55+; Thurs., March 5, April 9, & May 7: 8:30-9:30 am; Free



All White Affair

Welcome to the All White Affair! Get ready to dress to impress in your finest white attire for a night of elegance and fun. Light refreshments. Tickets on sale Feb. 16-March 13. Fri., March 20: 4-7 pm; \$25 residents/\$50 non-residents



Save the Dates!

Health & Information Seminars presented by Mid-Carolina Regional Council
 4th Wed. of Every Month; 10am-1pm; Memory Cafe
 Tues., March 3; 10-11 am; Diabetes Education Workshop with Life Cycle of Change
 Wed., March 11; 9 am-12 pm; Legal/Financial Aspects of Aging with Legal Aid of NC
 Mon., March 30; 10a-1p; Advance Care Directives Seminar
 Wed., April 8; 9 am-12 pm; Adult Mental Health with Alliance Behavioral Health
 Mon., May 11; 10 am-1 pm; Huntington's Disease Workshop
 Wed., May 13, 9 am-12 pm; Aging & Your Mental Health

Join the BIRTHDAY CLUB!

Potluck dish welcome. 55+; 4th Wed. of each month; 3-5 pm; Free



Celebrate YOU with Our Birthday Club

Fit 4 Life Essential Nutrition

Wed.; March 18- Food Addiction 911
 Wed.; April 15-Revamp Your Kitchen
 Wed.; May 20-Immune Boosters
 55+; 10am; \$10/resident or \$20/non-resident; Pre-Registration Required



Cooking 4 Fitness

Inspiring change with cooking! This class will empower you to cook at home for your health & well-being.
 Thurs., March 12: Healthy Crockpot Creations
 Thurs., April 9-Not Just Another Sandwich Making Class
 Thurs., May 7: Tacos + More
 55+; 10 am-12 pm; \$10/resident or \$20 non-resident; Pre-Registration Required

Lake Rim Senior Kayaking

Sign up for this popular program early! Spaces are limited. Meet at the boat ramp at the park across from the fish hatchery. Registration begins Mon., March 2.
 55+; Tues.; April 28; 10 am-12 pm; \$5 residents/\$10 non-residents

Art Council Workshop 10am-12pm

Mon.; March. 2; Song Writing
 Mon.; March. 9 Drumming w/Living Rhythms
 Mon.; March. 16; Journey Through Rhythms
 Mon.; March. 23; Making Instruments from recycled materials. 55+; Pre-registration Required

National Walking Day

Our Fourth Annual National Walking Day! Celebrate the easiest way to be the healthiest version of you! Snacks & water will be provided. We will walk the trails at Lake Rim Park, but will meet at the Bill Crisp Senior Center to sign in.
 55+; Wed., April 1: 8:30-11 am; Free



Medicare 101-Learn About Each Part of Medicare

Sponsored by Blue Cross Blue Shield
 March 2: Part A April 6: Part B
 May 4: Part C June 1: Part D
 55+; 1st Mon.; 1-3pm; Free; Sign up month prior to each class; limited spots available.

Technology Seminars by Cumberland County Library
 3rd Wed.; March 18; 11:30am; Artificial Intelligence for All
 3rd Thurs.; March 19; 2pm; Smartphone Basics
 Mon.; March 30: 1-5pm; Digital Preservation Lab
 55+; Pre-Registration Required; Free

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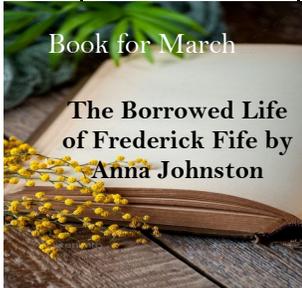


Bill Crisp Senior Center
 7560 Raeford Road
 www.fcpr.us



March 2026 Weekly Activities



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<p>2 8:30-9:30a Aerobics 8:30-9:30a Aqua Fitness 9-11a Why Knot Knit & Crochet 1-3p Medicare Seminar 1-5p Bid Whist 3-5p Cricut 5-6 p Kettlebell Training 6-7p Gentle Yoga w/mat</p>	<p>3 <i>Election Day</i> 10a-1p Bingo - <i>Canc.</i> 10-11a Diabetes Sem. 11a-12p Cardio Drum 1-3p Maribel's Hem & Stitch 1-5:30p Spades 2-4p Scrabble 5:30-7p Line Dance</p>	<p>4 8:30-9:30a Aerobics 8:30-9:30a Aqua Zumba 8:30-11a Quilt & Patch 2-5:30p Pokeno 5-6p Water Works 5-6p Kettlebell Training 6-7p Zumba</p>	<p>5 8:30-9:30 Aqua Zumba with Deesh 9-11a Bible Study 11a-1p Pinochle 11a-12p Cardio Drum 1-4p Mahjong 2-5p Bingo 4-6p Hem & Stitch 5:30-6:30 B. Dance</p>	<p>6 10-11a Chair Fit. Frenzy 10a-12p Book Club (1st) 1-4p Bid Whist 2-4p Scrabble 4:30-6p Senior Happy Hour</p>	<p>7 9-11:30a Open Swim 9-11:45a Fitness Room</p>	<p>8 2-4:30 pm Lap Swim 2-4:45p Fitness Room</p>
<p>9 8:30-9:30a Aerobics 8:30-9:30a Aqua Fitness 9-11a Why Knot Knit & Crochet 1-5p Bid Whist 1-5p Digital Pres. Lab 3-5p Cricut 5-6p Kettlebell Training 6-7p Gentle Yoga w/mat</p>	<p>10 9a-12p Memory Screenings 10a-1p Bingo 11a-12p Cardio Drum 1-2p Maribel's Hem & Stitch 1-5:30p Spades 2-4p Scrabble 5:30-7p Line Dance</p>	<p>11 8:30-9:30a Aerobics 8:30-9:30a Aqua Zumba 9-11a Quilt & Patch 9a-12p Legal/Financial Sem. 1-2p Fitness Equip. Orient 2-5:30p Pokeno 5-6p Water Works 5-6p Kettlebell Training 6-7p Zumba</p>	<p>12 9-11a Bible Study 10:30a-12:30p-Cooking Class 11a-1p Pinochle 11a-12p Cardio Drm 1-4p Mahjong 1:30-4:30p Yahtzee 2-5p Bingo 4-6p Hem & Stitch 5:30-6:30p Ballroom Dance</p>	<p>13 10-11a Chair Fitness Frenzy 1-4p Bid Whist 2-4p Movie Time 2-4p Scrabble 4:30-6p Senior Happy Hour</p>	<p>14 9-11:30a Open Swim 9-11:45a Fitness Room 9:30-11:30 Paint & Sip (2nd)</p>	<p>15 2-4:30 pm Lap Swim 2-4:45p Fitness Room</p>
<p>16 8:30-9:30a Aerobics 8:30-9:30a Aqua Fitness 9-11a Why Knot Knit & Crochet 1-5p Bid Whist 3-5p Cricut 5-6p Kettlebell Training 6-7p Gentle Yoga w/mat</p>	<p>17 10a-1p Bingo 11a-12p Cardio Drum 1-3p Maribel's Hem & Stitch 1-5:30p Spades 2-4p Scrabble 5:30-7p Line Dance</p>	<p>18 8:30-9:30a Aerobics 8:30-9:30a Aqua Zumba 9-11a Quilt & Patch 10a-12p Nutrition Class 11:30a-12:30p Tech. Semi All for All (3rd) 2-5:30p Pokeno 5-6p Kettlebell Training 5-6p Water Works 6-7p Zumba</p>	<p>19 9-11a Bible Study 11a-1p Pinochle 11a-12p Cardio Drum 1-4p Mahjong 1:15-1:45p Sound Bath (3rd) 2-3p Tech. Sem Smartphone Basics (3rd) 2-5p Bingo 4-6p Hem & Stitch 5:30-6:30p Ballroom Dance</p>	<p>20 10-11a Chair Fitness Frenzy 12-1p Lunch w/ Medicare Benefit Advisor (3rd) 1-4p Bid Whist- <i>Canc.</i> 2-4p Scrabble 4-7p All White Affair 4:30-6p Sr Happy Hr. - <i>Canc.</i></p>	<p>21 9-11:30a Open Swim 9-11:45a Fitness Room 9:30-11:30 am Sewing 101 (3rd)</p>	<p>22 2-4:30 pm Lap Swim 2-4:45p Fitness Room</p>
<p>23 8:30-9:30a Aerobics 8:30-9:30a Aqua Fitness 9-11a Why Knot Knit & Crochet 1-5p Bid Whist 3-5p Cricut 5-6p Kettlebell Training 6-7p Gentle Yoga w/mat</p>	<p>24 10a-1p Bingo 11a-12p Cardio Drum 1-3p Maribel's Hem & Stitch 1-5:30p Spades 2-4p Horticulture 2-4p Scrabble 5:30-7p Line Dance</p>	<p>25 8:30-9:30a Aerobics 8:30-9:30a Aqua Zumba 9-11a Quilt & Patch 1-2p Fitness Equip. Orient 2-5:30p Pokeno 3-5p Birthday Club 5-6p Kettlebell Trng 5-6p Water Works 6-7p Zumba</p>	<p>26 9-11a Bible Study 11a-1p Pinochle 11a-12p Cardio Drum 1-4p Mahjong 1:30-4:30p Yahtzee 2-5p Bingo 4-6p Hem & Stitch 5:30-6:30p Ballroom Dance</p>	<p>27 10-11a Chair Fitness Frenzy 11a-Diners Club-Jason's Deli, 2707 Freedom Parkway Drive 1-4p Bid Whist 2-4p Scrabble 4-6p Karaoke</p>	<p>28 9-11:30a Open Swim 9-11:45a Fitness Room</p>	<p>29 2-4:30 pm Lap Swim 2-4:45p Fitness Room</p>
<p>30 8:30-9:30a Aerobics 8:30-9:30a Aqua Fitness 9-11a Why Knot Knit & Crochet 1-5p Digital Pres.Lab 1-5p Bid Whist 3-5p Cricut 5-6p Kettlebell Training 6-7p Gentle Yoga w/mat</p>	<p>31 10a-1p Bingo 11a-12p Cardio Drum 1-3p Maribel's Hem & Stitch 1-5:30p Spades 2-4p Scrabble 5:30-7p Line Dance</p>	<p>Park Ranger Chat April 1: Weird & Wonderful NC June 3: Marvels of Moths 55+; 1st Wed; 1-2 pm; Free</p>	<p>Book for March The Borrowed Life of Frederick Fife by Anna Johnston</p> 	<p>Movie Time March 13: Sister Act April 10: The Odd Couple 55+; 2-4 pm; Free; Pre-registration required</p>		