

MARCH 2026



Boulevard Heights Community Center
6770 Garfield St. Hollywood, FL 33024
To register for our Upcoming Events, Trips &
Lunch call 954-371-5631 or 954-665-1226

In Collaboration with our Community Partners,
we are Grateful for their Ongoing Support



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8-9am Social Hour 9am Weights & Live Cardio Exercise 10:15am –Slow Burn Theater Skit- exercise and socially interactive 11:15am Nutritious Lunch 1pm Program Dismissal	8-9am Social Hour 9am Resistance Bands Stretching & Strengthening 10:15am Lucky Bingo Fun 10:30am VITAS-English Bereavement Group 11:15am Nutritious Lunch 1pm-2pm Program	8-9am Social Hour 9am Live Cardio Exercise 10:15am Pace Educational Presentation – Balance & Gait Fall Prevention 11:15am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Resistance Bands Live Cardio Exercise 10:15am SFCE Music Therapeutic instrumental 11:15am Nutritious Lunch 1pm-2pm Program Dismissal	Home Visits CEC and Off-Site Senior Activities
9	10	11	12	13
8-9am Social Hour 9am Weights & Live Cardio Exercise 10:15am MHS – Edu Vascular Presentation Part I 11:15am Nutritious Lunch 1pm Program Dismissal	8-9am Social Hour 9am- Resistance Bands Stretching & Strengthening 10:15am Table Board Games interactive socialization 11:15am Nutritious Lunch 1pm-2pm Program	8-9am Social Hour 9am Live Cardio Exercise 10:15am Keeping Hydrated Presentation 10:30am Adult Protective Undergarment Drive 11:15am Nutritious Lunch 1pm-2pm Dismissal	8-9am- Social Hour 9am Resistance Bands Live Cardio Exercise 10:15am - engaging group games & Arts & Crafts 11:15am Nutritious Lunch 1pm-2pm Program Dismissal	Home Visits CEC and Off-Site Senior Activities
16	17	18	19	20
8-9am Social Hour 9am Weights & Live Cardio Exercise 10:15am MHS – Edu Vascular Presentation- Part II- 11:15am Nutritious Lunch 1pmProgram Dismissal	8-9am Social Hour 9am- Resistance Bands Stretching & Strengthening 10:15am Celebrating St. Patrick’s Day- Lucky Day interactive socialization fun 11:15am Nutritious Lunch 1pm Program Dismissal	8-9am Social Hour 9am Live Cardio Exercise 10:15am Art & Culture Rhythm and Body coordination - COH 11:15am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 10:15am Resistance Bands Live Cardio Exercise 11:15am Long Term Care Edu Interactive Presentation 12:30pm Nutritious Lunch 2pm Program Dismissal	Home Visits CEC and Off-Site Senior Activities
23	24	25	26	27
8-9am Social Hour 9am Weights & Live Cardio Exercise 10:15am Human Trafficking Educational Presentation 11:15am Nutritious Lunch 1pm-2pm Program	8-9am Social Hour 9am Resistance Bands Stretching & Strengthening 10:15am Arts & Crafts interactive socialization and cognitive fun 11:15am Nutritious Lunch 1pm-2pm Program	8-9am Social Hour 9am Live Cardio Exercise 10:15am UF/IFAS Nutritional Educational presentation 11:15am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Resistance Bands Live Cardio Exercise 10:15am - engaging group games & Arts & Crafts 11:15am Nutritious Lunch 1pm-2pm Program Dismissal	Home Visits CEC and Off-Site Senior Activities
30	31			
8-9am Social Hour 9am Weights & Live Cardio Exercise 10:15am Arts & Crafts Interactive Creative Art & engaging group games 10:30am Hollywood Fire Rescue Vitals 11:15am Nutritious Lunch 1pm-2pm Program Dismissal	8-9am Social Hour 9am Resistance Bands Stretching & Strengthening 10:15am Cholesterol prevention Presentation informative Educational 11:15am Nutritious Lunch 1pm-2pm Program Dismissal			**Please Note Due to unforeseen circumstances, the Calendar may be subject to Change. We appreciate your understanding **

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