



## MARCH 2026 “Celebrating Women’s History Month With You!”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1:00pm Painting With Jane	3 1:00pm Healing and Healthy Relationships Support Group	4	5	6  Member Employee Time Sheets Due
9	10 1:00pm Seasonal Affective Disorder Support Group	11	12 1:00pm PO Newsletter Production Mtg  \$Member Employee Payday	13
16	17 11- Lunch & Learn “Coping with Cancer” with Cancer Caring Center of Pgh Noon - House Mtg 1:00pm- Open Mic	18	19 1:00pm Understanding and Expressing Your Emotions Practice Group	20 Noon Pool Tournament  Member Employee Time Sheets Due
23 1:00pm March Madness 2 <sup>nd</sup> Round Watch Party *winter season un-decorating, put up spring season decorations	24 Winter Hygge “Leprechaun Salad”  <b>*TRAMPOLINE PARK OUTING*</b>	25	26 1:00pm Party Food Prep  3:00pm Party Decorating  \$Member Employee Payday	27 Noon-3:00pm St. Patrick’s Day Party, crafts with Carla
30	31 1:00pm March Mystery Scavenger Hunt			

\*For the Most Up-To-Date calendar, check our website or stop in! Daily activities may change based on program needs.  
Start saving early this year for our favorite annual big trips: Rogers Flea Market & Gateway Clipper Cruise!

**PEOPLES OAKLAND 3433 BATES STREET PITTSBURGH PA 15213 MONDAY – FRIDAY 8:30AM-4:00PM**  
**PHONE 412-683-7140 INFORMATON & WEATHER HOTLINE 412-683-7140 x 239 FAX 412-683-7138**  
[WWW.PEOPLESOAKLND.ORG](http://WWW.PEOPLESOAKLND.ORG) [WWW.FACEBOOK.COM/PEOPLESOAKLAND](http://WWW.FACEBOOK.COM/PEOPLESOAKLAND)

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:30AM</b>	<b>OPEN</b> Breakfast Club volunteer Help is appreciated to set-up! <i>*Regular Groups may be cancelled when special activities are on the calendar</i>				
<b>9:00AM</b>	Journal Skills Practice Group	Virtual Travel & Tours Club	Jigsaw Puzzle Club	Adult Continued Learning Club: January – Star Signs February – American Sign Language March – Reading	Current Events Club
<b>10:00AM</b>	Morning Peer Support Open Group	Morning Peer Support Open Group	Morning Peer Support Open Group	Morning Peer Support Open Group	Morning Peer Support Open Group
<b>11:00AM</b>	Workout Club with Jason	Pool Players Club	Ping Pong Club	Wii Bowling Club	Dance Club
<b>Noon</b>	Meditations & Affirmations Group	Meditations & Affirmations Group	Meditations & Affirmations Group	Meditations & Affirmations Group	Meditations & Affirmations Group 3 <sup>rd</sup> Fridays, Pool Tournament 4 <sup>th</sup> Fridays, Party
<b>1:00PM</b>	Arts & Crafts Club Or Yugio Cards Club (must bring your own cards)	1 <sup>st</sup> – Healing & Healthy Relationships Support Group 2 <sup>nd</sup> – Seasonal Affective Disorder Support Group 3 <sup>rd</sup> – Open Mic 4 <sup>th</sup> – Winter Hygge 5 <sup>th</sup> – Mystery Scavenger Hunt	Theater Club with Ray	1 <sup>st</sup> – Social Skills Practice 2 <sup>nd</sup> – PO Newsletter Production Mtg 3 <sup>rd</sup> – Understanding & Expressing Your Emotion Skills Practice 4 <sup>th</sup> – Party Food Prep	Music Appreciation Club
<b>2:00PM</b>	Bingo Club	Bingo Club	Bingo Club	Bingo Club	Bingo Club
<b>3:00PM</b>	Afternoon Peer Support Open Group	Afternoon Peer Support Open Group	Afternoon Peer Support Open Group	Afternoon Peer Support Open Group	Afternoon Peer Support Open Group
<b>3:30PM</b>	Volunteer Help is appreciated to clean-up and prepare for the next day!				
<b>4:00PM</b>	<b>CLOSED</b>				