

**Calendar of Activities - February 2024**

				Thursday - February 1	Friday - February 2
				7:00-8:00a Zumba Chair 9:00-9:45a Walking Workout 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-3:00p Vocal Lessons with Skyla 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
<b>Monday - February 5</b>	<b>Tuesday - February 6</b>	<b>Wednesday - February 7</b>	<b>Thursday - February 8</b>	<b>Friday - February 9</b>	
8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance	8:00-8:45a Walking Workout 8:30-11:30a Pinochle 9:00-10:00a Dance Aerobics 9:00-11:00a Denial of Being Native American 10:00-11:00a Peer Support w/Kelly 10:30-11:30a Bingo 11:30a-1:30p Crafting Native American Toys 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Decoupage Art w/Maxine 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Bridge 1:00-2:30p Frugal Living 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	7:00-8:00a Zumba Chair 9:00-9:45a Walking Workout 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-3:00p Vocal Lessons with Skyla 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:30-11:30a Technology Help with Emily 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 7:30-10:00p Western Dance	
<b>Monday - February 12</b>	<b>Tuesday - February 13</b>	<b>Wednesday - February 14</b>	<b>Thursday - February 15</b>	<b>Friday - February 16</b>	
8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance	8:00-8:45a Walking Workout 8:30-11:30a Pinochle 9:00-10:00a Dance Aerobics 9:00-11:00a Denial of Being Native American 10:00-11:00a Peer Support w/Kelly 10:30-11:30a Bingo 11:30a-1:30p Crafting Native American Toys 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Decoupage Art w/Maxine 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00a-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Bridge 1:00-2:30p Frugal Living 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	7:00-8:00a Zumba Chair 9:00-9:45a Walking Workout 9:00a-12:00n <b>JOLLY TIMES</b> 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-3:00p Vocal Lessons with Skyla 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:30-11:30a Technology Help with Emily 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Pre-Beginning Line Dance 3:00-5:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 7:30-10:00p Western Dance	
<b>Monday - February 19</b>	<b>Tuesday - February 20</b>	<b>Wednesday - February 21</b>	<b>Thursday - February 22</b>	<b>Friday - February 23</b>	
<b>CENTER CLOSED</b> 	8:00-8:45a Walking Workout 8:30-11:30a Pinochle 9:00-10:00a Dance Aerobics 9:00-11:00a Denial of Being Native American 10:00-11:00a Peer Support w/Kelly 10:30-11:30a Bingo 11:30a-1:30p Crafting Native American Toys 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Decoupage Art w/Maxine 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00a-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Bridge 1:00-2:30p Frugal Living 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	7:00-8:00a Zumba Chair 9:00-9:45a Walking Workout 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-3:00p Vocal Lessons with Skyla 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:30-11:30a Technology Help with Emily 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 7:30-10:00p Western Dance	
<b>Monday - February 26</b>	<b>Tuesday - February 27</b>	<b>Wednesday - February 28</b>	<b>Thursday - February 29</b>		
8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance	8:00-8:45a Walking Workout 8:30-11:30a Pinochle 9:00-10:00a Dance Aerobics 9:00-11:00a Denial of Being Native American 10:00-11:00a Peer Support w/Kelly 10:30-11:30a Bingo 11:30a-1:30p Crafting Native American Toys 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Decoupage Art w/Maxine 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons with Skyla 12:00-4:00p Bridge 1:00-2:30p Frugal Living 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	7:00-8:00a Zumba Chair 9:00-9:45a Walking Workout 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-3:00p Vocal Lessons with Skyla 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April		