

Calendar of Activities - February 2025

	 <p align="center">NOTE: THIS CALENDAR DOES NOT INCLUDE ALL ACTIVITIES & EVENTS OFFERED AT THE SENIOR CENTER. SEE THE NEWSLETTER FOR ADDITIONAL INFORMATION.</p>		 <p align="center">THE FEBRUARY LUNCH MENU IS AVAILABLE FOR PICK UP AT THE FRONT COUNTER.</p>	
Monday - February 3	Tuesday - February 4	Wednesday - February 5	Thursday - February 6	Friday - February 7
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-10:00a & 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00p & 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sit & Sew 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:30p Line Dancing for Everyone 2:00-3:00p Navigating Grief 3:30-5:00p SlowPace LineDance for Everyone 7:00-9:00p Intermediate Couples Dance	8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Aerobic Kickboxing 4:00-5:00p Ripped Muscle Resistance 5:00-7:00p Posh Decorating	6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (on patio) 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 2:45-4:50p Drop-in Ping Pong 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Grief Support 10:00-11:00a Dance Aerobics 10:00a-12:00n Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 4:00-5:00p Rippled Muscle Resistance 6:00-7:00p Senior Tabata	8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Gelli Plate 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00n-1:00p & 1:00-2:00p Circuit/Equip Training 12:15-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:30-3:30p Line Dancing for Everyone 3:30-5:00p SlowerPace LineDancing for Everyone 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - February 10	Tuesday - February 11	Wednesday - February 12	Thursday - February 13	Friday - February 14
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-10:00a & 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00p & 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sewing Class 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:30p Line Dancing for Everyone 2:00-3:00p Navigating Grief 3:30-5:00p SlowPace LineDance for Everyone 4:00-5:00p Meditation	8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Aerobic Kickboxing 4:00-5:00p Ripped Muscle Resistance 4:30-5:30p Beginning Karate	6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (on patio) 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 2:45-4:50p Drop-in Ping Pong 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Grief Support 10:00-11:00a Dance Aerobics 10:00a-12:00n Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 4:00-5:00p Rippled Muscle Resistance 6:00-7:00p Senior Tabata	8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Gelli Plate 10:15-11:15a Traditional Exercise 10:30-11:30a Valentines Day Celebration 10:30-11:45a DeLeon Music 12:00n-1:00p & 1:00-2:00p Circuit/Equip Training 12:15-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:30-3:30p Line Dancing for Everyone 3:30-5:00p SlowerPace LineDancing for Everyone 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - February 17	Tuesday - February 18	Wednesday - February 19	Thursday - February 20	Friday - February 21
 <p align="center">PRESIDENTS DAY</p> <p align="center">PRESIDENTS' DAY SENIOR CENTER CLOSED</p>	8:00-10:00a Newsletter Folding 8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Native American History 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 4:00-5:00p Ripped Muscle Resistance	6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (on patio) 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 2:45-4:50p Drop-in Ping Pong 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class (at Transit) 9:00-12:00p JOLLY TIMES 10:00-11:00a Dance Aerobics 10:00a-12:00n Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 4:00-5:00p Rippled Muscle Resistance 6:00-7:00p Senior Tabata	8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Gelli Plate 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p & 1:00-2:00p Circuit/Equip Training 12:15-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:30-3:30p Line Dancing for Everyone 3:30-5:00p SlowerPace LineDancing for Everyone 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - February 24	Tuesday - February 25	Wednesday - February 26	Thursday - February 27	Friday - February 28
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-10:00a & 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00p & 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sewing Class 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:30p Line Dancing for Everyone 2:00-3:00p Navigating Grief 3:30-5:00p SlowPace LineDance for Everyone 4:00-5:00p Meditation	8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Native American History 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Aerobic Kickboxing 4:00-5:00p Ripped Muscle Resistance 4:30-5:30p Beginning Karate	6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (on patio) 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 2:45-4:50p Drop-in Ping Pong 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Grief Support 10:00-11:00a Dance Aerobics 10:00a-12:00n Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Line Dancing for Everyone 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 4:00-5:00p Rippled Muscle Resistance 6:00-7:00p Senior Tabata	8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Gelli Plate 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p & 1:00-2:00p Circuit/Equip Training 12:15-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:30-3:30p Line Dancing for Everyone 3:30-5:00p SlowerPace LineDancing for Everyone 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance