

# FEBRUARY 2026

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2

8am Walking Group  
8:45am Arthritis Exercise  
10am Senior Painters  
10am Hand, Knee, Foot  
10am Stretch and Strengthen  
11:30am Lunch  
1pm Ousamequin



3

9am Zumba with Heather  
9:30am Ask- An - Atty  
10am Stretch and Strengthen  
11:30am 1:1 Tech with Leslie

4

Market Basket Van Trip



Doors Open - 11:00AM  
Event Begins - 11:30AM

\*all other programs cancelled\*

5

10am Alice's Café  
PopUp Art School  
10am Chair Yoga  
12pm LGBTQ+ Luncheon  
12:30pm Cribbage  
1PM CANCELLED  
Art for All

6

9am Mah Jong  
9am Line Dancing  
10am Crafters

9

8am Walking Group  
8:45am Arthritis Exercise  
10am Senior Painters  
10am Hand, Knee, Foot  
10am Stretch and Strengthen  
11:30am Lunch  
1pm Writing Group

10

9am Zumba with Heather  
10am Stretch and Strengthen  
11:30am Lunch & Movie  
11:30am 1:1 Tech with Leslie

11

Joe Benson - Taxes  
Market Basket Van Trip  
8:45am Arthritis Exercise  
9am Line Dancing  
10am Crafters  
11:30am Super Bowl Bistro  
1pm Watercolor Wednesday  
1pm 1:1 Tech Support with Haresh



12

8:30am CANCELLED  
Men's Breakfast  
10am Caregiver Support  
10am Chair Yoga  
11:30am Lunch  
1pm Art for All  
12:30pm Cribbage

13

CENTER CLOSED



16 CENTER CLOSED



17

9am CANCELLED  
Zumba with Heather  
10am CANCELLED  
Stretch and Strengthen  
11:30am 1:1 Tech with Leslie

18

Joe Benson - Taxes  
Walmart Van Trip  
8:45am Arthritis Exercise  
9am Line Dancing  
10am Crafters  
10:30am BINGO with Nick & Sass  
11:30am Bistro  
1pm Watercolor Wednesday  
1pm 1:1 Tech Support with Haresh

19

10am Alice's Café  
Drumming Circle  
10am Chair Yoga  
12:30pm Cribbage  
1pm Art for All  
2pm United Senior Advisors

20

9am Mah Jong  
9am Line  
Dancing  
10am Crafters

23

8am Walking Group  
8:45am Arthritis Exercise  
10am Senior Painters  
10am Hand, Knee, Foot  
10am Stretch and Strengthen  
11:30am Lunch

24

9am Zumba with Heather  
10am Stretch and Strengthen  
11:30am Voices of Impact:  
Celebrating African American  
Contributions  
11:30am 1:1 Tech with Leslie

25

Joe Benson - Taxes  
Market Basket Van Trip  
8:45am Arthritis Exercise  
9am Line Dancing  
10am Crafters  
10:30am Happy Hearts: Simple  
Steps to a Healthier You  
11:30am Birthday Bistro  
1pm Watercolor Wednesday  
1pm 1:1 Tech Support with Haresh

26

10am Caregiver Support  
10am Chair Yoga  
12:30pm Cribbage  
1pm Art for All

27

9am Mah Jong  
9am Line  
Dancing  
10am Crafters

SAVE  
the DATE

Live Your Life Well  
Tuesday, April 14th, 10am

St. Patrick's Day Celebration  
Tuesday, March 17th, 11:30am

Sign-ups begin February 23rd. Sign-up by March 13th