

# FEBRUARY 2026

**MONDAY**

<b>2</b>
8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 1pm Ousamequin 

**TUESDAY**

<b>3</b>
9am Zumba with Heather 9:30am Ask- An - Atty 10am Stretch and Strengthen 11:30am 1:1 Tech with Leslie

**WEDNESDAY**

<b>4</b>
Market Basket Van Trip  <b>VALENTINE'S PARTY</b>  Doors Open - 11:00AM Event Begins - 11:30AM *all other programs cancelled*

**THURSDAY**

<b>5</b>
10am Alice's Café PopUp Art School 10am Chair Yoga 12pm LGBTQ+ Luncheon 12:30pm Cribbage 1PM CANCELLED Art for All

**FRIDAY**

<b>6</b>
9am Mah Jong 9am Line Dancing 10am Crafters

<b>9</b>
8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 1pm Writing Group

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

<b>11</b>
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

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

<b>13</b>
<b>CENTER CLOSED</b> 

<b>16</b> CENTER CLOSED


<b>17</b>
9am CANCELLED Zumba with Heather 10am CANCELLED Stretch and Strengthen 11:30am 1:1 Tech with Leslie

<b>18</b>
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

<b>19</b>
10am Alice's Café Drumming Circle 10am Chair Yoga 12:30pm Cribbage 1pm Art for All 2pm United Senior Advisors

<b>20</b>
9am Mah Jong 9am Line Dancing 10am Crafters

<b>23</b>
8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch

<b>24</b>
9am Zumba with Heather 10am Stretch and Strengthen 11:30am Voices of Impact: Celebrating African American Contributions 11:30am 1:1 Tech with Leslie

<b>25</b>
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

<b>26</b>
10am Caregiver Support 10am Chair Yoga 12:30pm Cribbage 1pm Art for All

<b>27</b>
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