

R=RSVP required \$=fee

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>9:00 - 10:30 Healing Touch (R) 10:00 - 11:00 Spanish Class 12:00 - 2:00 Arts & Crafts Grp 12:00 - 3:00 Pinochle 1:00 - 2:30 Financial Beginnings (R) 1:00 - 2:30 Conversation & Friendship Corner 2:30 - 3:30 Yoga for Strong Bodies, Strong Bones 3:30 - 5:00 Legal Assistance (R) 7:00 - 10:00 Piano Bar (\$)</p>	<p>2</p> <p>9:00 - 5:00 Foot Care Clinic (R) (\$) 9:00 - 10:00 Enhance Fitness 9:00 - 4:30 AARP Tax Services (R) 10:00 - 11:00 Balance & Strength 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club 1:00 - 2:00 Diabetic Support Grp (R)</p>
<p>5</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Gentle Chair Yoga 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:00 Aging Well Grp (R) 1:00 - 2:30 UKES Sing-Along 5:45 - 7:30 Ham Radio Group 6:30 - 9:00 Quilters Group</p>	<p>6</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 2:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:30 - 4:00 Hand Drumming 7:00 - 9:15 Westside Dance w/ Dean (R) (\$)</p>	<p>7</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 11:00 - 12:00 Party Bridge 11:00 - 12:30 Writing Group 1:00 - 3:00 Mahjong 2:00 - 4:00 Haircuts by Talia (R) (\$) 3:00 - 4:00 Rejuvenating Yoga</p>	<p>8</p> <p>9:00 - 10:30 Healing Touch (R) 9:00 - 4:30 AARP Tax Services (R) 10:00 - 11:00 Spanish Class 11:00 - 12:30 Medicare Presentation 12:00 - 2:00 Arts & Crafts Grp 12:00 - 3:00 Pinochle 1:00 - 2:30 Current Events Group #1 (R) 2:30 - 4:00 Current Events Group #2 (R) 2:30 - 3:30 Yoga for Strong Bodies, Strong Bones</p>	<p>9</p> <p>9:00 - 10:00 Enhance Fitness 9:00 - 4:30 AARP Tax Services (R) 10:00 - 11:00 Balance & Strength 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club 1:00 - 2:00 Book Club</p>
<p>12</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Gentle Chair Yoga 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:00 Aging Well Grp (R) 1:00 - 2:30 UKES Sing-Along</p>	<p>13</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 2:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 11:00 - 12:00 Coffee w/ Vets 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:00 - 3:00 Low Vision Group (R) 2:30 - 4:00 Hand Drumming</p>	<p>14</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Journaling for Mindfulness 1:00 - 3:00 Mahjong 1:00 - 2:30 History Hour w/ Maisha Barnett (R) (\$) 1:30 - 2:30 Virtual Caregivers Support Group (R) 3:00 - 4:00 Rejuvenating Yoga</p>	<p>15</p> <p>9:00 - 10:30 Healing Touch (R) 9:00 - 4:30 AARP Tax Services (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 12:00 - 2:00 Arts & Crafts Grp 12:00 - 3:00 Pinochle 1:00 - 2:30 Conversation & Friendship Corner 2:30 - 3:30 Yoga for Strong Bodies, Strong Bones 3:30 - 5:00 Legal Assistance (R)</p>	<p>16</p> <p>9:00 - 5:00 Foot Care Clinic (R) (\$) 9:00 - 10:00 Enhance Fitness 9:00 - 4:30 AARP Tax Services (R) 10:00 - 11:00 Balance & Strength 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club 6:00 - 9:00 Rainbow Bingo (R) (\$)</p>
<p>19</p> <p>Closed for President's Day</p> <p>6:30 - 9:00 Quilters Group</p>	<p>20</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 2:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:00 - 3:00 Parkinson's Support Group 2:30 - 4:00 Hand Drumming 3:00 - 5:00 Medicare Presentation</p>	<p>21</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Writing Group 1:00 - 3:00 Mahjong 3:00 - 4:00 Rejuvenating Yoga</p>	<p>22</p> <p>9:00 - 10:30 Healing Touch (R) 9:00 - 4:30 AARP Tax Services (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 12:00 - 2:00 Arts & Crafts Grp 12:00 - 3:00 Pinochle 1:00 - 2:30 Current Events Group #1 (R) 2:30 - 4:00 Current Events Group #2 (R) 2:30 - 3:30 Yoga for Strong Bodies, Strong Bones</p>	<p>23</p> <p>9:00 - 10:00 Enhance Fitness 9:00 - 4:30 AARP Tax Services (R) 10:00 - 11:00 Balance & Strength 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club</p>
<p>26</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Gentle Chair Yoga 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:00 Aging Well Grp (R) 1:00 - 2:30 UKES Sing-Along</p>	<p>27</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 2:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 11:30 - 12:30 Birthday Lunch (R) (\$) 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:30 - 4:00 Hand Drumming 2:30 - 4:00 Legal Assistance (R)</p>	<p>28</p> <p>8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Journaling for Mindfulness 1:00 - 3:00 Mahjong 1:00 - 2:30 Hypnosis for Restful Sleep & Beyond (R) 3:00 - 4:00 Rejuvenating Yoga</p>	<p>29</p> <p>9:00 - 10:30 Healing Touch (R) 9:00 - 4:30 AARP Tax Services (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 12:00 - 2:30 Arts & Crafts Grp 12:00 - 3:00 Pinochle 1:00 - 2:30 Brain Health & Wellness Workshop (R) 1:00 - 2:30 Conversation & Friendship Corner 2:30 - 3:30 Yoga for Strong Bodies, Strong Bones</p>	