


FEBRUARY 2023

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1	2	3
		8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 1:00 The Many Different Types of Arthritis - ZOOM 2:50 International Ballroom (activity room) 3:15 Tech-Mate Program	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double room) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (activity room) 3:00 Zumba – Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 11:00 Strength - Anna ZOOM 1:00 Bingo (double classroom)
6	7	8	9	10
9:15 Form & Function – Kelly (activity room) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 4 – H.O.P.E. (double classroom)	8:30 Strength – Kelly (activity room) 9:00-2:00 AARP Tax Service (double classroom) 10:00 Intermediate Spanish - Nelida (double room/ ZOOM) 11:30 Beginners Spanish - Nelida (double room/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 1:15 Strength - Mark (activity room) 2:15 Balance & Stability - Mark (activity room)	8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 10:00 Let’s Learn and Create Art Series - Lisa (double classroom) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 2:50 International Ballroom (activity room)	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double room) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (activity room) 3:00 Zumba – Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 11:00 Strength - Anna ZOOM 2:00 Music Appreciation (activity room)
13	14 VALENTINE’S DAY	15	16	17
9:15 Form & Function – Kelly (activity room) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 5 – H.O.P.E. (double classroom)	8:30 Strength - Kelly (activity room) 9:00-2:00 AARP Tax Service (double classroom) 10:00 Intermediate Spanish - Nelida (double room/ ZOOM) 11:30 Beginners Spanish - Nelida (double room/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 1:15 Strength - Mark (activity room) 2:15 Balance & Stability - Mark (activity room)	8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) SHIP Counselor 9:30, 10:45, 12:00 10:00 Balance – Anna ZOOM 10:00-12:00 Memory Screening 11:00 Chair Yoga – Ed (activity room) 1:00 Heart Attack Cardiac Prevention- ZOOM 2:50 International Ballroom (activity room) 3:15 Tech-Mate Program	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double room) 11:00 Cardio - Linda (activity room) 1:00 “Botticelli” Lecture - Zoom 1:00 Investment Group (activity room) 3:00 Zumba – Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 11:00 Strength - Anna ZOOM 1:00 Bingo (double classroom)
20	21	22	23	24
 SENIOR CENTER CLOSED	8:30 Strength – Kelly (activity room) 9:00-2:00 AARP Tax Service (double classroom) 10:00 Intermediate Spanish - Nelida (double room/ZOOM) 11:30 Beginners Spanish - Nelida (double room/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 1:15 Strength - Mark (activity room) 2:15 Balance & Stability - Mark (activity room)	8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 1:00 MOVIE “Moonstruck” (double classroom) 2:50 International Ballroom (activity room)	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double room) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (activity room) 3:00 Zumba – Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 11:00 Strength - Anna ZOOM
27	28			
9:15 Form & Function – Kelly (activity room) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 6 – H.O.P.E. (double classroom) 1:00 Line Dancing - Stephanie (activity room)	8:30 Strength – Kelly (activity room) 9:00-2:00 AARP Tax Service (double classroom) 10:00 Intermediate Spanish - Nelida (double room/ ZOOM) 11:30 Beginners Spanish - Nelida (double room/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 2:00 Book Club – Mary (library) 2:00 – 4:00 COVID CLINIC (activity room)			