FEBRUARY 2023

(609) 799-9068

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