


FEBRUARY 2025

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3	4	5	6	7
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 - H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom)	8:30 Strength - Kelly (activity room) 9:00-2:00 AARP Tax Service (double classroom) 09:00 Spanish 1 - Nelida (library/ ZOOM) 9:30 Yoga-Mireille (activity room) 10:00 Spanish 2- Nelida (library/ZOOM) 11:30 Chair Stretch & Tone-Lisa (activity room) 1:00 Adult/Child CPR Class (activity room) 2:00 Infant CPR Class (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Ed (activity room) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga -Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Mireille (activity room) 10:00 Art of Watercolor - Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (activity room) 1:00 Zumba - Vin (activity room)	8:30 Strength-Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM 1:00 Osteoporosis Lecture (activity room)
10	11	12	13	14 VALENTINE'S DAY
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- H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom)	8:30 Strength - Kelly (activity room) 9:00-2:00 AARP Tax Service (double classroom) 09:00 Spanish 2 - Nelida (library/ ZOOM) 9:30 Yoga-Linda (activity room) 10:00 Spanish 1- Nelida (library/ ZOOM) 10:00 Blood Pressure Screening 11:30 Chair, Stretch & Tone - Lisa (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 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 1:00 Bingo (library) 2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (activity room) 1:00 Zumba - Vin (activity room)	8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
17	18	19	20	21
 <p style="text-align: center;">SENIOR CENTER CLOSED</p>	8:30 Strength - Kelly (activity room) 9:00-2:00 AARP Tax Service (double classroom) 9:00 Spanish 2 - Nelida (library/ZOOM) 9:30 Yoga-Ria (activity room) 10:00 Spanish 1 - Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone - Lisa (activity room) 1:00 Dental Health Presentation (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:00 Hearing Screening (library) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (activity room) 1:00 Zumba - Vin (activity room)	8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM 1:00 Valentine's Music Concert (activity room)
24	25	26	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. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom)	8:30 Strength - Kelly (activity room) 9:00-2:00 AARP Tax Service (double classroom) 09:00 Spanish 2 - Nelida (library/ZOOM) 9:30 Yoga-Linda (activity room) 10:00 Spanish 1 - Nelida (library/ZOOM) 11:30 Chair, Stretch & Tone - Lisa (activity room) 2:00 Book Club - (library)	9:00-3:00 AARP Safe Driving (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Mireille (activity room) 2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (activity room) 1:00 Edgar Degas: More Than Ballerinas-Kate Ogden (Zoom) 1:00 Zumba - Vin (activity room)	8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM