FEBRUARY 2025

(609) 799-9068

3	<u>Tuesday</u>	<u>Wednesday</u> 5	<u>Thursday</u> 6	<u>Friday</u> 7
:15 Form & Function - elly	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:30 Strength-Lisa (activity room)
activity room) 0:15 Yoga - Kelly	9:00-2:00 AARP Tax Service (double classroom)	9:15 Form & Function - Ed (activity room)	9:30 Yoga - Mireille (activity room)	9:30 Chinese Hour - Sylvia (double classroom)
activity room) 1:00 Art of Oil Painting -	09:00 Spanish 1 - Nelida (library/ ZOOM)	10:00 Balance – Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom)	09:30 Tai Chi - Hsueh (activity room)
kia (double classroom)	9:30 Yoga-Mireille (activity room)	11:00 Chair Yoga -Ed (activity room)	11:00 Cardio - Linda (activity room)	10:45 Bollywood Dancing (activity room)
ectivity room) 100 - 3:00 - H.O.P.E.	10:00 Spanish 2- Nelida (library/ZOOM)	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (activity room)	11:00 Strength - Anna ZOOM
(library) 1:30 Drawing with Calligraphy-Margaret (double classroom)	11:30 Chair Stretch & Tone- Lisa (activity room)	2:50 International Ballroom (activity room)	1:00 Zumba - Vin (activity room)	1:00 Osteoporosis Lecture (activity room)
	1:00 Adult/Child CPR Class (activity room)			
	2:00 Infant CPR Class (activity room)			
9	11	12	13	14 VALENTINE'S DAY
15 Form & Function - elly activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:30 Strength - Lisa (activity room)
:15 Yoga - Kelly	9:00-2:00 AARP Tax Service (double classroom)	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	9:30 Chinese Hour - Sylvia (double classroom)
:00 Art of Oil Painting - kia (double classroom)	09:00 Spanish 2 - Nelida (library/ ZOOM)	SHIP Counselor 9:30, 10:45, 12:00	10:00 Art of Watercolor - Margaret (double classroom)	09:30 Tai Chi - Hsueh (activity room)
:30 Strength - Ed	9:30 Yoga-Linda (activity room)	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	11:00 Cardio - Linda (activity room)	10:45 Bollywood Dancing (activity room)
00 - 3:00- H.O.P.E. ibrary)	10:00 Spanish 1- Nelida (library/ ZOOM)	(activity room) 11:45 Duplicate Bridge	1:00 Investment Group (activity room)	11:00 Strength - Anna ZOOM
30 Drawing with lligraphy-Margaret	10:00 Blood Pressure Screening 11:30 Chair, Stretch & Tone -	(double classroom) 1:00 Bingo	1:00 Zumba – Vin (activity room)	
double classroom)	Lisa (activity room)	(library) 2:50 International Ballroom		
		(activity room)		
7	18 8:30 Strength - Kelly	19 8:15 Walking	20 8:30 Total Body Toning - Vin	21 8:30 Strength - Lisa
	(activity room)	(double classroom)	(activity room) 9:30 Yoga - Ria	(activity room)
A A	9:00-2:00 AARP Tax Service	9:15 Form & Function - Kellv		l 9:30 Chinese Hour - Svlvia
A Stample	9:00-2:00 AARP Tax Service (double classroom)	9:15 Form & Function - Kelly (activity room)	(activity room)	(double classroom)
PRESIDENTS	<pre>(double classroom) 9:00 Spanish 2 - Nelida (library/ZOOM)</pre>	(activity room) 9:00 Hearing Screening (library)	(activity room) 10:00 Art of Watercolor - Margaret (double classroom)	(double classroom) 09:30 Tai Chi - Hsueh (activity room)
PRESIDENTS	<pre>(double classroom) 9:00 Spanish 2 - Nelida (library/ZOOM) 9:30 Yoga-Ria (activity room)</pre>	(activity room) 9:00 Hearing Screening (library) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	(activity room) 10:00 Art of Watercolor - Margaret (double classroom) 11:00 Cardio - Linda (activity room)	(double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room)
PRESIDENTS	<pre>(double classroom) 9:00 Spanish 2 - Nelida (library/ZOOM) 9:30 Yoga-Ria (activity room) 10:00 Spanish 1 - Nelida (library/ ZOOM)</pre>	(activity room) 9:00 Hearing Screening (library) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge	(activity room) 10:00 Art of Watercolor - Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (activity room)	(double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
PRESIDENTS SENIOR CENTER	(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)	(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) 10:00 Art of Watercolor - Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group	(double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
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SENIOR CENTER CLOSED 15 Form & Function -	(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) 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) 10:00 Art of Watercolor - Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (activity room) 1:00 Zumba - Vin	(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 Concer
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