## FEBRUARY 2025

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Form & Function - Kelly	4 8:30 Strength - Kelly (activity room)	5 8:15 Walking (double classroom)	6 8:30 Total Body Toning - Vin (activity room)	7 8:30 Strength-Lisa (activity room)
(activity room) 10:15 Yoga - Kelly (activity room)	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)
11:00 Art of Oil Painting - Zakia (double classroom)	09:00 Spanish 1 - Nelida (library/ ZOOM)	10:00 Balance - Anna ZOOM 11:00 Chair Yoga -Ed	10:00 Art of Watercolor – Margaret (double classroom)	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	9:30 Yoga-Mireille (activity room)	(activity room) 11:45 Duplicate Bridge	11:00 Cardio - Linda (activity room)	10:45 Bollywood Dancing (activity room)
1:00 - 3:00 - H.O.P.E. (library)	10:00 Spanish 2- Nelida (library/ZOOM)	(double classroom) 2:50 International Ballroom	1:00 Investment Group (activity room)	11:00 Strength - Anna ZOOM
1:30 Drawing with Calligraphy-Margaret	11:30 Chair Stretch & Tone- Lisa (activity room)	(activity room)	1:00 Zumba - Vin (activity room)	1:00 Osteoporosis Lecture (activity room)
(double classroom)	1:00 Adult/Child CPR Class (activity room)			
	2:00 Infant CPR Class (activity room)			
<b>10</b> 9:15 Form & Function -	11 8:30 Strength - Kelly	<b>12</b> 8:15 Walking	13 8:30 Total Body Toning - Vin	<b>14 VALENTINE'S DAY</b> 8:30 Strength - Lisa
Kelly (activity room)	(activity room) 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
10:15 Yoga – Kelly (activity room)	(double classroom) 09:00 Spanish 2 - Nelida	(activity room)	(activity room) 10:00 Art of Watercolor -	(double classroom) 09:30 Tai Chi - Hsueh
11:00 Art of Oil Painting – Zakia (double classroom)	(library/ ZOOM) 9:30 Yoga-Linda	9:30, 10:45, 12:00 10:00 Balance - Anna ZOOM	Margaret (double classroom) 11:00 Cardio - Linda	(activity room) 10:45 Bollywood Dancing
11:30 Strength - Ed (activity room)	(activity room) 10:00 Spanish 1- Nelida	11:00 Chair Yoga - Ed (activity room)	(activity room) 1:00 Investment Group	(activity room) 11:00 Strength - Anna
1:00 - 3:00- H.O.P.E. (library)	<pre>(library/ ZOOM) 10:00 Blood Pressure Screening</pre>	11:45 Duplicate Bridge (double classroom)	(activity room) 1:00 Zumba – Vin	ZOOM
1:30 Drawing with Calligraphy-Margaret (double classroom)	11:30 Chair, Stretch & Tone – Lisa (activity room)	1:00 Bingo (library)	(activity room)	
		2:50 International Ballroom (activity room)		
17	18 8:30 Strength - Kelly	<b>19</b> 8:15 Walking	20 8:30 Total Body Toning - Vin	21 8:30 Strength - Lisa
PRESIDENTS 94	(activity room) 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) 9:00 Spanish 2 - Nelida	(activity room) 9:00 Hearing Screening	(activity room) 10:00 Art of Watercolor -	(double classroom) 09:30 Tai Chi - Hsueh
	(library/ZOOM) 9:30 Yoga-Ria	(library) 10:00 Balance - Anna ZOOM	Margaret (double classroom) 11:00 Cardio - Linda	(activity room) 10:45 Bollywood Dancing
	(activity room) 10:00 Spanish 1 - Nelida	11:00 Chair Yoga - Ed (activity room)	<pre>(activity room) 1:00 Investment Group (activity room)</pre>	(activity room) 11:00 Strength - Anna
SENIOR	<pre>(library/ ZOOM) 11:30 Chair, Stretch &amp; Tone - </pre>	11:45 Duplicate Bridge (double classroom)	(activity room) 1:00 Zumba - Vin	200M 1:00
CENTER CLOSED	Lisa (activity room) 1:00 Dental Health Presentation	2:50 International Ballroom (activity room)	(activity room)	Valentine's Music Concert (activity room)
24	(activity room) 25	26	27	28
9:15 Form & Function - Kelly (activity room)	8:30 Strength - Kelly (activity room)	9:00-3:00 AARP Safe Driving (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:30 Strength - Lisa (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 – Ria (activity room)	9:30 Chinese Hour - Sylvia (double classroom)
11:00 Art of Oil Painting – Zakia (double classroom)	09:00 Spanish 2 - Nelida (library/ZOOM)	10:00 Balance – Anna ZOOM	10:00 Art of Watercolor – Margaret (double classroom)	09:30 Tai Chi - Hsueh (activity room)
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	9:30 Yoga-Linda (activity room)	11:00 Chair Yoga - Mireille (activity room)	(activity room)	(activity room)
(activity room) 1:00 - 3:00	•			(activity room) 11:00 Strength - Anna ZOOM
11:30 Strength -Ed (activity room) 1:00 - 3:00 Session 6 - H.O.P.E. (library) 1:30 Drawing with	<pre>(activity room) 10:00 Spanish 1 - Nelida (library/ZOOM) 11:30 Chair, Stretch &amp; Tone - Lisa (activity room)</pre>	(activity room) 2:50 International Ballroom	(activity room) 1:00 Investment Group	11:00 Strength - Anna
<pre>(activity room) 1:00 - 3:00 Session 6 - H.O.P.E. (library)</pre>	<pre>(activity room) 10:00 Spanish 1 - Nelida (library/ZOOM) 11:30 Chair, Stretch &amp; Tone -</pre>	(activity room) 2:50 International Ballroom	<pre>(activity room) 1:00 Investment Group (activity room) 1:00 Edgar Degas: More Than</pre>	11:00 Strength - Anna
<pre>(activity room) 1:00 - 3:00 Session 6 - H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret</pre>	<pre>(activity room) 10:00 Spanish 1 - Nelida (library/ZOOM) 11:30 Chair, Stretch &amp; Tone - Lisa (activity room) 2:00 Book Club -</pre>	(activity room) 2:50 International Ballroom	<pre>(activity room) 1:00 Investment Group (activity room) 1:00 Edgar Degas: More Than Ballerinas-Kate Ogden (Zoom) 1:00 Zumba - Vin</pre>	11:00 Strength - Anna
(activity room) 1:00 – 3:00 Session 6 – H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret	<pre>(activity room) 10:00 Spanish 1 - Nelida (library/ZOOM) 11:30 Chair, Stretch &amp; Tone - Lisa (activity room) 2:00 Book Club -</pre>	(activity room) 2:50 International Ballroom	<pre>(activity room) 1:00 Investment Group (activity room) 1:00 Edgar Degas: More Than Ballerinas-Kate Ogden (Zoom) 1:00 Zumba - Vin</pre>	11:00 Strength - Anna