

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				
8:30 Billiards 2) 10:00 Beginners Spanish 10:00 Chakra Healing 12:45 Beginner Tai Chi 1:15 Tai Chi 2:15 Muscle & Tone 3:00 Pilates	8:30 Billiards 3) 9:00 AARP Tax Aide 9:00 Fit Fusion 10:00 Flexible Strength 1:00 Hi Lo Jack 1:15 Bereavement 2:30 Modified Yoga 5:00 Tai Chi/Qigong	8:30 Billiards 4) 9:00 Fit Fusion 10:00 Flexible Strength 10:00 Reflexology / Reiki 10:30 Vertigo Screening 10:00 Spanish 1:00 Genealogy 4:00 Yoga 5:30 Yoga	8:30 Billiards 5) 9:00 AARP Tax Aide 9:00 Line Dancing 9:30 Senior Tech 10:00 Ask A Lawyer 10:00 Matter of Balance 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers 2:30 Modified Yoga	8:30 Billiards 6) 9:30 Dance & Tone 10:00 Knitting Etc. 10:45 Core Fit 11:00 Superbowl Party
8:30 Billiards 9) 10:00 Beginners Spanish 10:00 Chakra Healing 12:45 Beginner Tai Chi 1:00 Stamp Club 1:15 Tai Chi 2:15 Muscle & Tone 3:00 Pilates	8:30 Billiards 10) 9:00 AARP Tax Aide 9:00 Fit Fusion 9:30 Watercolors with Sue 10:00 Flexible Strength 1:00 Hi Lo Jack 1:30 Caregivers Support 2:30 Modified Yoga 5:00 Tai Chi/Qigong	8:30 Billiards 11) 9:00 Fit Fusion 9:30 Legal Assistance 10:00 Flexible Strength 10:00 Reflexology / Reiki 10:00 Spanish 1:00 Genealogy 4:00 Yoga 5:30 Yoga	8:30 Billiards 12) 9:00 AARP Tax Aide 9:30 Senior Tech 10:00 Matter of Balance 1:00 Refresher Bridge *Valentine's Day Celebration and Luncheon* Tickets Required.	8:30 Billiards 13) 9:30 Dance & Tone 10:00 Knitting Etc. 1:30 Nutrition Refresh
16)  SENIOR CENTER CLOSED	8:30 Billiards 17) 9:00 AARP Tax Aide 1:00 Hi Lo Jack 2:30 Modified Yoga 5:00 Tai Chi/Qigong	8:30 Billiards 18) 10:00 Reflexology / Reiki 10:00 Spanish 1:00 Genealogy 1:30 Gardening Presentation 4:00 Yoga 5:30 Yoga	8:30 Billiards 19) 9:00 AARP Tax Aide 9:00 Line Dancing 9:30 Senior Tech 10:00 Matter of Balance 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers 2:30 Modified Yoga	8:30 Billiards 20) 9:30 Dance & Tone 10:00 Knitting Etc. 10:45 Core Fit 12:00 Mindful Eating
8:30 Billiards 23) 10:00 Beginners Spanish 10:00 Chakra Healing 10:00 URI Presentation 12:45 Beginner Tai Chi 1:15 Tai Chi 1:30 Book Club 2:15 Muscle & Tone 3:00 Pilates	8:30 Billiards 24) 9:00 AARP Tax Aide 9:00 Fit Fusion 9:30 Watercolors with Sue 10:00 Flexible Strength 1:00 Hi Lo Jack 1:30 Caregivers Support 2:30 Modified Yoga 5:00 Tai Chi/Qigong	8:30 Billiards 25) 9:00 Fit Fusion 10:00 Flexible Strength 10:00 Reflexology / Reiki 10:00 Spanish 1:00 Genealogy 4:00 Yoga 5:30 Yoga	8:30 Billiards 26) 9:00 AARP Tax Aide 9:00 Line Dancing 9:30 Senior Tech 10:00 Matter of Balance 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers 2:30 Modified Yoga	8:30 Billiards 27) 9:30 Dance & Tone 10:00 Knitting Etc. 10:45 Core Fit 12:00 Mindful Eating