



PROGRAM CALENDAR - FEBRUARY 2026

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
8-3 Tax Assistance 10 BINGO 10 Ping Pong 1 Gentle Yoga	Reflexology Appointments 9:30 Benefits Assistance 1 Mahjong 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga	10 Cribbage 10-12 Morning Jam 10:30-11:30 Tech 1:30 Art with Finnie 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong 1:30 Line Dancing
9	10	11	12	13
8-3 Tax Assistance 10 BINGO 10 Ping Pong 1 Gentle Yoga 1 Advisory Meeting	12 Caregiver Support Group 1 Mahjong 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Valentine Craft	10 Cribbage 10-12 Morning Jam 1 SMP Talk 3 Bone Builders	Valentine's Day Lunch 10 Beginner Tai Chi (Virtual) 10 Ping Pong 10-12 Chair Massages 10:30 BINGO 1 Mahjong
16	17	18	19	20
Closed for Presidents Day	Reflexology Appointments 9:30 Commodities 10:30 Chair Yoga 1 Mahjong 1 Master Class 3 Bone Builders	8:30 Board Meeting 10 Advanced Tai Chi (Virtual) 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Seasonal Depression Talk	8:30-3 Foot Clinic 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Men's Yoga 1 Eric Duffy Q&A 2-3 Tech Tutoring 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 11 Grief Support Group 1 Mahjong
23	24	25	26	27
8-3 Tax Assistance 8:30-3 Foot Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga	10:30 Chair Yoga 1 Mahjong 1 Master Class 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10 Ping Pong 10-11:15 Tai Chi Lunar New Year Party 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1:30 Book Group Kick-off	BIRTHDAY DAY 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Birthday Music 1 Men's Yoga 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong 1 Ken Burns Documentary: The American Revolution
				RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277