



# The Thompson

Your resource to age well

## PROGRAM CALENDAR - FEBRUARY 2026

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