

Monday

Tuesday

Wednesday

Thursday

Friday

February 2026



A * next to an activity means signing up ahead of time is required.

9:15a AHOY (\$4) (V) 10a Orchids Presentation 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	2 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	3 9a Qigong 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta 	4 10a Recipe for Success 11a Valentine's Cards 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 2p Computers 101	5 9:15a Chair Yoga (\$4) (V) 10a Trivia 11a "Me" Book Club * 1p Friday Favorite Movie - Dances with Wolves" *	6
9:15a AHOY (\$4) (V) 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 3p Valentine's Party	9 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 3p Power of Stories 6p CAA *	10 9a Qigong 10:30a Grandparents as Mentors 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	11 9am Fall Recovery (\$5) * 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	12 9:15a Chair Yoga (\$4) (V) 10a Trivia 11a "Me" Book Club * 1p Friday Favorite Movie - "Peggy Sue Got Married"	13
9:15a AHOY (\$4) (V) 10a VA Travelogue * 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	16 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	17 9a Qigong 10:30a Caregiver Event * 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta 	18 10a Recipe for Success 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	19 9:15a Chair Yoga (\$4) (V) 10a Trivia 11a "Me" Book Club * 1p Friday Favorite Movie - "It Happened One Night"	20
9:15a AHOY (\$4) (V) 10:30a Power of Positivity 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	23 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	24 9a Qigong 10a Healthy Living with the Alzheimer's Association 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	25 10:30a Eating Disorder Awareness 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Monopoly 2p Dominoes	26 9:15a Chair Yoga (\$4) (V) 10a Donuts with the Director 11a "Me" Book Club * 12p LGBTQ+ Community Potluck *	27