

**FEBRUARY 2026**

**\*\* BY APPOINTMENT ONLY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Sage Moves w Senta <b>2</b> 11:30-Pork Roast with Gravy 1:00 Parkinson's Class 12:30 Mahjong 1:30 NO TAP TODAY	9:30 Move and Groove <b>3</b> 10:00 SHINE ** 11:30 LUNCH-Beef Stew 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	11:30 LUNCH Chicken <b>4</b> Mexican Casserole 12:00 Pitch 1:00 Parkinson's Class ** 1:00 Caregiver's Support Group TAX DAY	9:30 Move & Groove <b>5</b> 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH-Mac & Cheese 1:00 i-Phone Help w Doug	9:00 Tai Chi <b>6</b> 10:00 SHINE ** 9:30 Knitting/Crocheting Instruct. W Jamie Goldenberg 11:30 LUNCH- Asian Beef Casserole 1:30 TAP Inter/Advanced
10:00 Sage Moves w Senta <b>9</b> 11:30-Scrambled Egg Patty 1:00 Parkinson's Class 12:30 Mahjong 1:30 TAP Inter/Advanced	9:30 Move and Groove <b>10</b> 10:00 SHINE ** 11:30 LUNCH-CK Puttanesca 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training 4:15 Line Dancing w Luana	FOOT NURSE-BEVERLY D ** <b>11</b> BROWN BAG 11:30 Cheese Lasagna 12:00 Pitch 1:00 Parkinson's Class ** TAX DAY	9:30 Move & Groove <b>12</b> 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH-Joan's Salad Bar and Baked Potato 1:00 i-Phone Help w Doug	9:00 Tai Chi <b>13</b> 10:00 SHINE ** 9:30 Knitting/Crocheting Instruct. W Jamie Goldenberg 11:30 LUNCH-Chicken Sorrentino 1:30 TAP Inter/Advanced
CLOSED FOR <b>16</b> 	9:30 Move & Groove <b>17</b> 10:00 SHINE ** 11:30 CK & Sausage Jambalaya and Nora's King Cake 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training 4:15 Line Dancing w Luana	11:30 LUNCH Lentil Stew <b>18</b> 12:00 Pitch 1:00 Parkinson's Class 1:00 Caregiver's Support Group TAX DAY	9:30 Move & Groove <b>19</b> 10:30 Vera's Painting Class 11:30 LUNCH White CK Chili 1:00 i-Phone Help w Doug	9:00 Tai Chi <b>20</b> 10:00 SHINE ** 10:00 Intuitive Collaging 9:30 Knitting/Crocheting Instruct. W Jamie Goldenberg 11:30 LUNCH-Herb Baked Fish 1:30 TAP Inter/Advanced
10:00 Sage Moves w Senta <b>23</b> 11:30 LUNCH-CK with Orange Cranberry Glaze 1:00 Parkinson's Class 12:30 Mahjong 1:30 TAP Inter/Advanced	9:30 Move & Groove <b>24</b> 10:00 SHINE ** 10:00 Book Club 11:30 Geer Village-Free Box Lunch and Balance Class 11:45 Bridge 11:45 SBPHC Wellness Clinic 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	11:30 LUNCH Spanish <b>25</b> Chicken Stew 12:00 Pitch 1:00 Parkinson's Class 1:00 COA Board meeting TAX DAY	9:30 Move & Groove <b>26</b> 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH-FAIRVIEW COMMONS-Baked Ham(FREE) 1:00 i-Phone Help w Doug	9:00 Tai Chi <b>27</b> 10:00 SHINE ** 9:30 Knitting/Crocheting Instruct. W Jamie Goldenberg 11:30 LUNCH-Garden Burger with Tomato 1:30 TAP Inter/Advanced



**COMING IN MARCH - ZUMBA GOLD ON FRIDAYS March 6th at 3 PM**