


February 2025



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Monday	Tuesday	Wednesday	Thursday	Friday
3 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Coffee Talk 1pm-3pm	4 Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-3pm Mahjong 1pm-4pm	5 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	6 Historical Society 9:30am-10:30am Line Dancing 10:30am-11:30am Move & Groove 11:30am-12:30pm Coffee Talk 12pm-2pm	7 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Speaker: Andrew DiPaolo (WFMJ Meteorologist) 1:30pm-2:30pm BP Readings 10am-11am
10 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Mind Games 1:30pm-2:30pm	11 Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-3pm Mahjong 1pm-4pm	12 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	13 Line Dancing 10:30am-11:30am Move & Groove 11:30am-12:30pm Coffee Talk 12:30pm-2:30pm	14 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Movie (Notting Hill) 12pm-3pm
17 CLOSED 	18 Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-3pm Mahjong 1pm-4pm	19 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	20 Line Dancing 10:30am-11:30am Move & Groove 11:30am-12:30pm Coffee Talk 12:30pm-2:30pm	21 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm February Birthday Party 12:30pm-2:30pm Live Music: Colleen 1pm-2pm
24 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Mind Games 1:30pm-2:30pm	25 Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-3pm Mahjong 1pm-4pm	26 Boot Camp 10:00am-11:00am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	27 Line Dancing 10:30am-11:30am Move & Groove 11:30am-12:30pm Coffee Talk 12:30pm-2:30pm	28 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Lunch at Margheritas 12pm-3pm

