

# February 2024

Mon	Tue	Wed	Thu	Fri
29 10:30 Yoga Stretch 11:30 Every Now & Zen Yoga 1:00 Folk Dancing 1:30 Bingo	30 10:30: Slow Flow Yoga 10:30 Knowledge is Power 11:45 Let's Dance MoTown 1:00 Art Appreciation 2:00 Knowledge is Power 2:10 Documentary	31 10:30 Classical Stretch w/ Miranda Esmond White 10:30 Knowledge is Power 11:30 Cardio Fit 1:00 Mahjong 1:00 Art Class 1:30 Birthday Party	1 10:30 Tom Campo DVD 1:00 Advanced Mahjong 1:30 New Movie	2 10:30 Tom Campo DVD 10:30 Chess 1:30 Classic Movie 1:30 Ukelele (allotted art room, no new members)
5 CLOSED - Maintenance	6 10:30: Slow Flow Yoga 10:30 Knowledge is Power 11:45 Let's Dance MoTown 1:00 Art Appreciation 2:00 Knowledge is Power 2:10 Documentary	7 10:30 Classical Stretch w/ Miranda Esmond White 10:30 Knowledge is Power 11:30 Cardio Fit 1:00 Mahjong 1:00 Art Class	8 10:30 Tom Campo DVD 1:00 Advanced Mahjong 1:30 New Movie	9 10:30 Tom Campo DVD 10:30 Chess 1:30 Classic Movie 1:30 Ukelele (allotted art room, no new members)
12 10:30 Yoga Stretch 11:30 Every Now & Zen Yoga 1:00 Folk Dancing 1:30 Bingo	13 10:30: Slow Flow Yoga 10:30 Knowledge is Power 11:45 Let's Dance MoTown 1:00 Art Appreciation 2:00 Knowledge is Power 2:10 Documentary	14 10:30 Classical Stretch w/ Miranda Esmond White 10:30 Knowledge is Power 11:30 Cardio Fit 1:00 Mahjong	15 10:30 Tom Campo DVD 10:30 Understand Healthcare (Art Room)* 1:00 Advanced Mahjong 1:30 New Movie	16 10:30 Tom Campo DVD 10:30 Chess 1:30 Classic Movie 1:30 Ukelele (allotted art room, no new members)
19 CLOSED – President's Day	20 10:30 Slow Flow Yoga 10:30 Knowledge is Power 11:45 Let's Dance MoTown 1:00 Art Appreciation 2:00 Knowledge is Power 2:10 Documentary	21 10:30 Classical Stretch w/ Miranda Esmond White 10:30 Knowledge is Power 11:30 Cardio Fit 1:00 Mahjong 1:00 Art Class	22 10:30 VNS ZUMBA (instead of Tom Campo DVD)* 1:00 Advanced Mahjong 1:00 NYC Aging Bill Payer Presentation (Art Room) 1:30 New Movie	23 10:30 Tom Campo DVD 10:30 Chess 12:30 Learn the Art of Belly Dancing w/ Diamond* 1:30 Classic Movie 1:30 Ukelele (allotted art room, no new members)
26 10:30 Yoga Stretch 11:30 Every Now & Zen Yoga 1:00 Folk Dancing 1:30 Bingo	27 10:30: Slow Flow Yoga 10:30 Knowledge is Power 11:45 Let's Dance MoTown 1:00 Art Appreciation 2:00 Knowledge is Power 2:10 Documentary	28 10:30 Classical Stretch w/ Miranda Esmond White 10:30 Knowledge is Power 11:30 Cardio Fit 1:00 Mahjong 1:30 Birthday Party	29 10:30 VNS ZUMBA (instead of Tom Campo DVD)* 1:00 Advanced Mahjong 1:30 Surprise Member Play (instead of new movie)*	1 10:30 Tom Campo DVD 10:30 Chess 1:30 Classic Movie 1:30 Ukelele (allotted art room, no new members)

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