

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch <u>1:00 Black History Month Celebration w/ DJ Woody.</u></p> 	<p>3</p> <p>9:00 Word Search w/Ahmed <u>10:30-11:30 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> <u>1:00-3:00 Watercolor Painting w/Helen D.</u></p>	<p>4</p> <p>9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> <u>11:00 Chair Yoga w/Tayfu</u> 11:00 Health Promotion &amp; Management w/JD 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. <u>1:00-3:00 Beginners Painting w/Helen D.</u></p>	<p>5</p> <p>9:00 Word Scramble w/MA <u>10:00 Yoga Dance w/ EM</u> <b>11:00 Medicare Presentation w/t German Talis (Confirmed)</b> 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>6</p> <p>9:00 Sudoku Puzzles w/MA <u>11:00 Zumba w/Ability B.</u> 10:30 Arts &amp; Craft w/Ability 12:00 Lunch 1:00-2:30 Board Game w/Michael J. <u>1:00-3:00 Watercolor Painting w/Helen D.</u></p>
<p>9</p>  <p>9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch <u>1:00 Valentine's Day &amp; Lunar New Year Celebration w/ DJ Woody.</u></p> 	<p>10</p> <p>9:00 Word Search w/Ahmed <u>10:30-11:30 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> <u>1:00-3:00 Watercolor Painting w/Helen D.</u></p>	<p>11</p> <p>9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> <u>11:00 Chair Yoga w/Tayfu</u> 11:00 Health Promotion &amp; Management w/JD 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. <u>1:00-3:00 Beginners Painting w/Helen D.</u></p>	<p>12</p> <p>9:00 Word Scramble w/MA <u>10:00 Yoga Dance w/ EM</u> <b>11:00 Senior Wellness Presentation w/t Delilah Sinclair (3<sup>rd</sup> Reschedule, Unconfirmed)</b> 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>13</p> <p>9:00 Sudoku Puzzles w/MA <u>11:00 Zumba w/Ability B.</u> 10:30 Arts &amp; Craft w/Ability 12:00 Lunch 1:00-2:30 Board Game w/Michael J. <u>1:00-3:00 Watercolor Painting w/Helen D.</u></p>
<p>16</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>★ ★ ★ ★ ★</p> <p><b>WE WILL BE CLOSED ON</b></p>  <p><b>PRESIDENTS DAY</b></p> </div>	<p>17</p> <p>9:00 Word Search w/Ahmed <u>10:30-11:30 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> <u>1:00-3:00 Watercolor Painting w/Helen D.</u></p>	<p>18</p> <p>9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> 11:00 Health Promotion &amp; Management w/JD 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. <u>1:00-3:00 Beginners Painting w/Helen D.</u></p>	<p>19</p> <p>9:00 Word Scramble w/MA <u>10:00 Yoga Dance w/ EM</u> <b>11:00 President's Day Celebration w/MA</b> 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>20</p> <p>9:00 Sudoku Puzzles w/MA <u>11:00 Zumba w/Ability B.</u> 10:30 Arts &amp; Craft w/Ability 12:00 Lunch 1:00-2:30 Board Game w/Michael J. <u>1:00-3:00 Watercolor Painting w/Helen D.</u></p>
<p>23</p>  <p>9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch <u>1:00-2:30 February Birthday Celebration with Special DJ</u></p> 	<p>24</p> <p>9:00 Word Search w/Ahmed <u>10:30-11:30 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> <u>1:00-3:00 Watercolor Painting w/Helen D.</u></p>	<p>25</p> <p>9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> <b>11:00 Bilingual Performance w/t Catalina SEA (Unconfirmed)</b> 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. <u>1:00-3:00 Beginners Painting w/Helen D.</u></p>	<p>26</p> <p>9:00 Word Scramble w/MA <u>10:00 Yoga Dance w/ EM</u> <b>11:00: Falling Prevention Presentation W/T Gigliola Manrique (Pending Confirmation)</b> 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>27</p> <p>9:00 Sudoku Puzzles w/MA <u>11:00 Zumba w/Ability B.</u> 10:30 Arts &amp; Craft w/Ability 12:00 Lunch 1:00-2:30 Board Game w/Michael J. <u>1:00-3:00 Watercolor Painting w/Helen D.</u></p>

\*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.

SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.

Physical Exercise underlined in green

