



# FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
<b>2</b>  10:00 Men's Coffee and Conversation  11:00 Cardio-Yoga-Sculpt ◇  11:00 Caregiver Support Group  1:00 Cribbage  1:00 Hand & Foot	<b>3</b>  9:30 Weekly Blood Pressure Check  10:00 Art Workshop ◇  10:00 Gentle Vinyasa Yoga with Leslie ◇  10:00 Mindfulness with Nancy  11:30 Intro to Mindfulness ◇  1:00 Canasta  1:00 French Club  2:00 Guess Who's Coming for Coffee & Cookies	<b>4</b>  9:00 Bridge Group  9:00 Strength & Balance with Serina ◇  10:00 Craft Group  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>5</b>  10:00 Octets Bridge  10:00 Tai Chi ◇  11:00 Bridget's Lunch Bunch @ York Harbor Inn ◇  1:00 American Mahjong (novice)  1:00 Adult Coloring Group  2:00 Ukelele Group  2:00 Chair Volleyball	<b>6</b>  9:00 Open House  9:00 Mat Pilates ◇  10:00 Knitting Group  1:00 Cribbage (intermediate)  1:00 Olympic Opening Ceremonies Party
<b>9</b>  10:00 Men's Coffee and Conversation  11:00 Caregiver Support Group  1:00 Cribbage  1:00 Hand & Foot	<b>10</b>  9:30 Weekly Blood Pressure Check  10:00 Art Workshop ◇  10:00 Gentle Vinyasa Yoga with Leslie ◇  10:00 Mindfulness with Nancy  11:30 Intro to Mindfulness ◇  1:00 Canasta  1:00 Speed Friending  2:00 Guess Who's Coming for Coffee & Cookies	<b>11</b>  9:00 Bridge Group  9:00 Strength & Balance with Serina ◇  10:00 Healthy Eating with Fruits and Vegetables ◇  10:00 Craft Group  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>12</b>  10:00 Octets Bridge  10:00 Tai Chi ◇  11:00 Wise Women Wondering  12:00 Valentine's Day Flower Arranging ◇  1:00 American Mahjong (novice)  1:00 Adult Coloring Group  2:00 Ukelele Group  2:00 Collette Greece Presentation	<b>13</b>  9:00 Open House  9:00 Mat Pilates ◇  10:00 Knitting Group  1:00 Cribbage (intermediate)  2:00-4:00 Valentine's Day Party
<b>16</b>  <div style="text-align: center;"> <b>CLOSED FOR PROGRAMMING</b>   <b>PRESIDENT'S DAY</b> </div>	<b>17</b>  9:30 Weekly Blood Pressure Check  10:00 Art Workshop ◇  10:00 Gentle Vinyasa Yoga with Leslie ◇  10:00 Mindfulness with Nancy  12:00 SMAA Community Cafe  1:00 Canasta  1:00 French Club  2:00 Guess Who's Coming for Coffee & Cookies	<b>18</b>  9:00 Bridge Group  9:00 Strength & Balance with Serina ◇  10:00 Craft Group  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>19</b>  9:00 Cardio and Dance ◇  10:00 Octets Bridge  10:00 Tai Chi ◇  1:00 American Mahjong (novice)  1:00 Adult Coloring Group  2:00 Ukelele Group  2:00 Chair Volleyball	<b>20</b>  9:00 Open House  9:00 Mat Pilates ◇  10:00 Knitting Group  1:00 Cribbage (intermediate)  1:00 Blue Zones Episodes 1&2  2:00 Parkinson's Support  12:30-3 Life Tapestries: Threads of Creativity, Contemplation, and Connection ◇



## FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>23</b> <b>10:00 Men's Coffee and Conversation</b> <b>11:00 Cardio-Yoga-Sculpt ♦</b> 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot	<b>24</b> <b>9:30 Weekly Blood Pressure Check</b> 10:00 Art Workshop ♦ 10:00 Gentle Vinyasa Yoga with Leslie ♦ 10:00 Mindfulness with Nancy <b>11:30 Special February Lunch @ Federal Jack's ♦</b> 1:00 Canasta <b>1:00 Dewey's Travel Talk</b> <b>2:00 Guess Who's Coming for Coffee &amp; Cookies</b>	<b>25</b> 9:00 Bridge Group <b>9:00 Strength &amp; Balance with Serina ♦</b> <b>10:00 Joint Health for Active Aging ♦</b> 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) <b>1:00 Book Club</b>	<b>26</b> <b>9:00 Cardio and Dance ♦</b> <b>9:00 Keep It Legal</b> 10:00 Octets Bridge <b>10:00 Tai Chi ♦</b> <b>11:00 Social Club</b> 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group <b>2:00 Widow and Widower Social Group</b> <b>2:00 Alzheimer's Discussion Group</b>	<b>27</b> 9:00 Open House <b>9:00 Mat Pilates ♦</b> 10:00 Knitting Group 1:00 Cribbage (intermediate) <b>1:00 Blue Zones Episodes 3&amp;4</b>

### KEY

**Highlighted Program** = New & Noteworthy

♦ = Program Fee

**Bold Program** = Off-Site Program or Fundraiser