



FEBRUARY 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Please remember that all programs require registration. Register online by visiting our website! | | | | |
| 2 10:00 Men's Coffee and Conversation 11:00 Cardio-Yoga-Sculpt ◊ 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot | 3 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 | 4 9:00 Bridge Group 9:00 Strength & Balance with Serina ◊ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) | 5 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 | 6 9:00 Open House 9:00 Mat Pilates ◊ 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Olympic Opening Ceremonies Party |
| 9 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot | 10 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 | 11 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) | 12 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 | 13 9:00 Open House 9:00 Mat Pilates ◊ 10:00 Knitting Group 1:00 Cribbage (intermediate) 2:00-4:00 Valentine's Day Party |
| CLOSED FOR PROGRAMMING PRESIDENT'S DAY | 17 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 | 18 9:00 Bridge Group 9:00 Strength & Balance with Serina ◊ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) | 19 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 | 20 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 ◊ |



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

KEY

Highlighted Program = New & Noteworthy

♦ = Program Fee

Bold Program = Off-Site Program or Fundraiser