

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| 2<br>9:30 8 pieces stretch exercise<br>10am-Tai Chi<br>10:30 Rummiku  | 3<br>9:30am Chair Yoga Video<br>10am 8 pieces stretch exercise & Tai Chi<br>10:00am Bridge<br>10:30am Rummikub  | 4<br>9:30 video Chair yoga<br>10am-Tai Chi<br>10:30am Rummiku  | 5<br>9:30am Crochet & Knitting Club<br>9:30am Mahjong beginners & advanced<br>10am- 8 pieces stretch & Tai Chi<br>10:00am My Legacy Memoir<br>10:30-Table games  | 6<br>9:30 Chair Zumba video<br>10am-8 pieces stretch exercise & Tai Chi<br>10:30 Dominoes<br>11am-Crafts                      |
| 9<br>9:30 8 pieces stretch exercise<br>10am-Tai Chi<br>10:30 Rummiku  | 10<br>9:30am Chair Yoga Video<br>10am 8 pieces stretch exercise & Tai Chi<br>10:00am Bridge<br>10:30am Rummikub | 11<br>9:30 video Chair yoga<br>10am-Tai Chi<br>10:30am Rummiku | 12<br><b>CHINESE NEW YEAR CELEBRATION!!!</b><br><b>Chinese Dancer will perform.</b><br><b>10am-12pm</b><br><b>Please RSVP</b>                                    | 13<br>9:30am Chair Zumba video<br>10:00am- 8 pieces stretch exercise & Tai Chi<br>10:30 Dominoes<br>11:00am-Reading Book Club |
| 16<br>9:30 8 pieces stretch exercise<br>10am-Tai Chi<br>10:30 Rummiku | 17<br>9:30am Chair Yoga Video<br>10am 8 pieces stretch exercise & Tai Chi<br>10:00am Bridge<br>10:30am Rummikub | 18<br>9:30 video Chair yoga<br>10am-Tai Chi<br>10:30am Rummiku | 19<br>9:30am Crochet & Knitting Club<br>9:30am Mahjong beginners & advanced<br>10am- 8 pieces stretch& Tai Chi<br>10:00am My Legacy Memoir<br>10:30-Table games  | 20<br>9:30 Chair Zumba video<br>10am-8 pieces stretch exercise & Tai Chi<br>10:30 Dominoes                                    |
| 23<br>9:30 8 pieces stretch exercise<br>10am-Tai Chi<br>10:30 Rummiku | 24<br>9:30am Chair Yoga Video<br>10am 8 pieces stretch exercise & Tai Chi<br>10:00am Bridge<br>10:30am Rummikub | 25<br>9:30 video Chair yoga<br>10am-Tai Chi<br>10:30am Rummiku | 26<br>9:30am Crochet & Knitting Club<br>9:30am Mahjong beginners & advanced<br>10am- 8 pieces stretch & Tai Chi<br>10:00am My Legacy Memoir<br>10:30-Table games | 27<br>9:30 Chair Zumba video<br>10am-8 piece stretch & Tai Chi<br>10:30 Dominoes  |

**FEBRUARY 2026** ❤️

