

February 2026


Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>9:00 Hello Monday <i>(Flex)</i> 9:00 Gentle Yoga <i>(WCR)</i> 9:30 Jammers <i>(Annex)</i> 10:00 Begin. Acrylic Paint 10:00 Improver Line Dance <i>(MPH)</i> 10:30 Chair Yoga <i>(WCR)</i> 10:30 Monday Morning Check in <i>(Flex Rm)</i> 11:45 15 15 15 <i>(MPH)</i> 11:45 Abs, Core, & More 1:00 Begin. Line Dance <i>(WCR)</i> 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <i>(MPH)</i> 1:30 Outreach Meeting <i>(BR)</i> 2:30 Guided Meditation 4:15 Indoor Walking <i>NEW</i> 6:00 Beginners Pickleball</div>	<div>3</div> <div>9:00 <i>NEW</i> Intro to Spanish <i>(Flex R)</i> 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Beginners Watercolor 10:00 Coffee with a Cop 10:00 New Comers M & G 10:00 Fit Ball <i>(MPH)</i> 10:00 Music Makers <i>(Annex)</i> 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style <i>(MPH)</i> 12:45 Canasta/ H & F 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre <i>(MPH)</i> 6:30 Yoga Thrive <i>(MPH)</i></div>	<div>4</div> <div>8:45 Active Pound 55+ 9:00 Handy Crafters <i>(Flex R)</i> 9:00 Gentle Yoga <i>(WCR)</i> 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 10:45 WINNERS BINGO 11:30 Pilates <i>(WCR)</i> 1:00 Brush Strokes <i>(Craft R)</i> 1:00 Darts <i>(MPH)</i> 1:00 Euchre 1:00 Bid Euchre 1:00 <i>NEW</i> Steady Moves <i>(WCR)</i> 2:00 Genealogy <i>(WCR)</i> 5:30 Begin. Group Dance 6:00 Self Care Yoga <i>(WCR)</i> 6:30 Begin. Pickleball <i>(YMCA)</i> 7:30 Table Tennis <i>(MPH)</i></div>	<div>5</div> <div>9:00 Card Crafters 9:00 Intermediate Line Dance 9:30 Mind Joggers <i>(BR)</i> 10:30 Chair Yoga <i>(WCR)</i> 11:00 Keep Fit (Strength) <i>MPH</i> 1:00 <i>NEW</i> Tech Help on AI <i>(WCR)</i> 1:00 Floor Shuffleboard <i>(MPH)</i> 1:00 Advan. Acrylic Paint <i>(WCR)</i> 1:00 Woodcarving <i>(Craft)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge <i>(Annex)</i> 6:00 Begin. Pickleball <i>(MPH)</i></div> <div></div>	<div>6</div> <div>8:30 Begin. Chess Club <i>(Craft Room)</i> 8:45 Chair Yoga <i>(MPH)</i> 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 1:00 In- House Bingo <i>(MPH)</i> 1:00 Watercolor Club <i>(Flex)</i> 1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge 1:30 <i>NEW</i> Steps to Connect <i>(Board Room)</i></div> <div></div>
<div>9</div> <div>9:00 Hello Monday <i>(Flex)</i> 9:00 Gentle Yoga <i>(WCR)</i> 9:30 Jammers <i>(Annex)</i> 10:00 Begin. Acrylic Paint 10:00 Improver Line Dance <i>(MPH)</i> 10:30 Chair Yoga <i>(WCR)</i> 10:30 Monday Morning Check in <i>(Flex Rm)</i> 11:00 Pet Therapy Visits <i>(SSN Office)</i> 11:45 15 15 15 <i>(MPH)</i> 11:45 Abs, Core, & More 1:00 Begin. Line Dance <i>(WCR)</i> 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach Program <i>(mph)</i> 2:30 Guided Meditation <i>(WCR)</i> 4:15 Indoor Walking & Strength <i>NEW</i> 6:00 Beginners Pickleball 6:00 Cookie Decorating <i>(WCR)</i></div>	<div>10</div> <div>9:00 LAWYERS <i>(BR)</i> 9:00 <i>NEW</i> Intro to Spanish <i>(Flex R)</i> 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Beginners Watercolor 10:00 Fit Ball <i>(MPH)</i> 10:00 Music Makers <i>(Annex)</i> 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style <i>(MPH)</i> 12:45 Canasta/ H & F 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre <i>(MPH)</i> 6:30 Yoga Thrive <i>(MPH)</i></div> <div></div>	<div>11</div> <div>8:45 Active Pound 55+ 9:00 <i>NEW</i> MANICURES <i>(Craft R)</i> 9:00 Handy Crafters <i>(Flex R)</i> 9:00 Gentle Yoga <i>(WCR)</i> 9:30 Board of Directors Meeting <i>(Board Room)</i> 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 10:45 WINNERS BINGO 11:30 Pilates <i>(WCR)</i> 1:00 Darts <i>(MPH)</i> 1:00 Euchre 1:00 Bid Euchre 2:00 Genealogy <i>(WCR)</i> 5:30 Begin. Group Dance 6:00 Self Care Yoga <i>(WCR)</i> 6:30 Begin. Pickleball <i>(YMCA)</i> 7:30 Table Tennis <i>(MPH)</i></div> <div></div>	<div>12</div> <div>9:00 Card Crafters 9:00 Intermediate Line Dance 9:30 Mind Joggers <i>(BR)</i> 10:30 Chair Yoga <i>(WCR)</i> 11:00 Keep Fit (Strength) <i>MPH</i> 1:00 Floor Shuffleboard <i>(MPH)</i> 1:00 Advan. Acrylic Paint <i>(WCR)</i> 1:00 Woodcarving <i>(Craft)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge <i>(Annex)</i> 1:00 Financial Legal Info with Huckvale LLP <i>(Board Room)</i> 1:20 Park Meadows Game Afternoon <i>(WCR)</i> 6:00 Begin. Pickleball <i>(MPH)</i></div> <div></div>	<div>13</div> <div>8:30 Begin. Chess Club <i>(Craft Room)</i> 8:45 Chair Yoga <i>(MPH)</i> 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 11:30 Valentines Day Luncheon <i>(Dunford Diner)</i> <i>*Tickets Required</i> 1:00 In- House Bingo <i>(MPH)</i> 1:00 Watercolor Club <i>(Flex)</i> 1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge 1:30 <i>NEW</i> Steps to Connect <i>(Board Room)</i></div> <div></div>
<div>16</div> <div><div>CLOSED TODAY FOR FAMILY DAY!</div></div>	<div>17</div> <div>9:00 <i>NEW</i> Intro to Spanish <i>(Flex R)</i> 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Beginners Watercolor 10:00 New Comers M & G 10:00 Fit Ball <i>(MPH)</i> 10:00 Music Makers <i>(Annex)</i> 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style <i>(MPH)</i> 12:45 Canasta/ H & F 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre <i>(MPH)</i> 6:30 Yoga Thrive <i>(MPH)</i></div>	<div>18</div> <div>8:45 Active Pound 55+ 9:00 Reflexology <i>(Cr. Rm)</i> 9:00 Handy Crafters <i>(Flex)</i> 9:00 Gentle Yoga <i>(WCR)</i> 10:00 Walker Repairs <i>(Hall)</i> 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 10:45 WINNERS BINGO 11:30 Pilates <i>(WCR)</i> 1:00 Color my World Art 1:00 Darts <i>(MPH)</i> 1:00 Euchre 1:00 Bid Euchre 1:00 <i>NEW</i> Steady Moves <i>(WCR)</i> 2:00 Genealogy <i>(WCR)</i> 5:30 Begin. Group Dance 6:00 Self Care Yoga <i>(WCR)</i> 6:30 Begin. Pickleball <i>(YMCA)</i> 7:30 Table Tennis <i>(MPH)</i></div>	<div>19</div> <div>9:00 Card Crafters 9:00 Intermediate Line Dance <i>(MPH)</i> 9:30 Mind Joggers <i>(BR)</i> 9:30 HEARING TESTS <i>(Library) by Appt.</i> 10:30 Chair Yoga <i>(WCR)</i> 11:00 Keep Fit (Strength) <i>MPH</i> 1:00 <i>NEW</i> Tech Help on AI <i>(WCR)</i> 1:00 Floor Shuffleboard <i>(MPH)</i> 1:00 Advan. Acrylic Paint 1:00 Woodcarving <i>(Craft Room)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge <i>(Annex)</i> 6:00 Begin. Pickleball <i>(MPH)</i></div> <div></div>	<div>20</div> <div>8:30 Begin. Chess Club <i>(Craft Room)</i> 8:45 Chair Yoga <i>(MPH)</i> 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 9:30 FREE MassageS <i>(BR)</i> 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 1:00 In- House Bingo <i>(MPH)</i> 1:00 Watercolor Club <i>(Flex)</i> 1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge 1:30 <i>NEW</i> Steps to Connect <i>(Board Room)</i></div> <div></div>
<div>23</div> <div>9:00 Hello Monday <i>(Flex Room)</i> 9:00 Gentle Yoga <i>(WCR)</i> 9:30 Jammers <i>(Annex)</i> 10:00 Member Portraits 10:00 Begin. Acrylic Paint 10:00 Improver Line Dance 10:30 Chair Yoga <i>(WCR)</i> 10:30 Monday Morning Check In 11:45 15 15 15 <i>(MPH)</i> 11:45 Abs, Core, & More <i>(WCR)</i> 1:00 Begin. Line Dance <i>(WCR)</i> 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <i>(MPH)</i> 2:30 Guided Meditation <i>(WCR)</i> 4:15 <i>NEW</i> Indoor Walking & Strength 6:00 Beginners Pickleball <i>(MPH)</i></div>	<div>24</div> <div>9:00 <i>NEW</i> Intro to Spanish <i>(Flex R)</i> 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning <i>(MPH)</i> 9:30 Beginners Watercolor 10:00 Fit Ball <i>(MPH)</i> 10:00 Music Makers <i>(Annex)</i> 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style <i>(MPH)</i> 12:45 Canasta/ H & F 1:00 Cooking at Interfaith 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre <i>(MPH)</i> 6:30 Yoga Thrive <i>(MPH)</i></div>	<div>25</div> <div>8:45 Active Pound 55+ 9:00 Handy Crafters <i>(Flex Room)</i> 9:00 Gentle Yoga <i>(WCR)</i> 10:00 FOOT CARE <i>(Craft Room)</i> 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 10:45 WINNERS BINGO 11:15 VIRTUAL COOKING <i>(ZOOM)</i> 11:30 Pilates <i>(WCR)</i> 1:00 Color my World Art <i>(Craft R)</i> 1:00 Darts <i>(MPH)</i> 1:00 Euchre 1:00 Bid Euchre 1:00 <i>NEW</i> Steady Moves <i>(WCR)</i> 2:00 Genealogy <i>(WCR)</i> 3:15 LSKIP <i>(MPH)</i> 5:30 Begin. Group Dance 6:00 Self Care Yoga <i>(WCR)</i> 6:30 Begin. Pickleball <i>(YMCA West)</i> 7:30 Table Tennis <i>(MPH)</i></div>	<div>26</div> <div>9:00 Card Crafters 9:00 Intermediate Line Dance 9:30 Tech Help <i>(Main Corridor)</i> 9:30 Mind Joggers <i>(BR)</i> 10:30 Chair Yoga <i>(WCR)</i> 11:00 Keep Fit (Strength) <i>MPH</i> 1:00 <i>NEW</i> Tech Help on AI <i>(WCR)</i> 1:00 Floor Shuffleboard <i>(MPH)</i> 1:00 Advan. Acrylic Paint <i>(WCR)</i> 1:00 Woodcarving <i>(Craft)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge <i>(Annex)</i> 6:00 Begin. Pickleball <i>(MPH)</i></div> <div></div>	<div>27</div> <div>8:30 Begin. Chess Club <i>(Craft Room)</i> 8:45 Chair Yoga <i>(MPH)</i> 9:00 CVITP Tax Meeting <i>(Board Room)</i> 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 1:00 In- House Bingo <i>(MPH)</i> 1:00 Watercolor Club <i>(Flex)</i> 1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge 1:30 <i>NEW</i> Steps to Connect <i>(Board Room)</i></div> <div></div>

Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, Please note: for fare details please contact front reception desk.

LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL DONNA AT 403-329-3222 TO ARRANGE.

WINNERS BINGO WEDNESDAY: FEBRUARY 4, 11, 18, 25

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES: APR. 8, & MAY 27



UKRAINIAN EASTER EGG PAINTING ON MARCH 24TH FOR \$30 PER PERSON SIGN UP DAY!

PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!

NEW PAINT MORNING WORKSHOP WITH KENDRA SALA ON APRIL 30TH FOR \$40 PER PERSON MORE INFO IN THE NEWSLETTER!

MINDS IN MOTION FOR THOSE WITH EARLY STAGES ALZIEHMERS & THEIR CAREGIVERS ON APRIL 1ST FOR \$50 PER PERSON!