

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 GROUNDHOG DAY 10:00 Leisure Games-Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge 1:00 Current Events 1:30 Chair Chi Prana w/ Melissa 1:00 Caregivers Series: Caregiving Journeys &amp; Coping Skills 2:00 The Bronx 250 Tapestry: A Community Art Project 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>3 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 Brain Booster/Trivia 11:00 Tech Group Training w/Caroline 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Tech Group Training w/Caroline 2:00 Meeting: Schervier Community Garden (Invitation Only) 2:30 Journaling, for Creatives During Difficult Times 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>4 9:00 Breakfast Club 10:00 Women's Empowerment Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Journaling, for Creatives During Difficult 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Group w/ G.G. 1:15 Movie: COOL RUNNINGS 1:15 Creations &amp; Conversation w/Meridith 3:00 EFT with Margot</p>	<p>5 9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 2:30 Guided Meditation &amp; Reiki w/Barbara 2:30 Watercolor with April</p> 	<p>6 WINTER OLYMPICS NATIONAL WEAR RED DAY 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Feldenkrais 11:00 Winter Olympic Games with Kinneret 3rd Graders 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Hot Chocolate Tasting 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Bridge</p>
<p>9 10:00 Leisure Games-Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge 1:00 Current Events 1:00 Caregivers Series Letting go of "Perfect" Caregiving 1:30 Chair Chi Prana w/ Melissa 2:00 The Bronx 250 Tapestry: A Community Art Project 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>10 10:00 Qi Gong with Bruce 10:00 Trip Committee Mtg. 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 Brain Booster/Trivia 11:00 Tech Group Training w/Caroline 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Tech Group Training w/Caroline 2:30 Journaling, for Creatives During Difficult Times 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>11 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Empowerment Group w/GG 10:00 Pastels CANCEL 11:30 Trip: Trader Joes' 12:00 Lunch 1:00 Journaling, for Creatives During Difficult 1:15 Presentation: Navigating the HealthCare System Tools for Older Adults and Caregivers 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:15 Creations &amp; Conversation The Layers of our Life-Fake Cake self Reflections 2:30 Movie: WALT BEFORE MICKEY 3:00 EFT with Margot</p>	<p>12 KNITTING SALE 9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club SALE 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 2:30 Watercolor with April</p> 	<p>13 GALANTINE'S/VALENTINE'S 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Studio 10:30 Making Valentine's Day Cards with Linda 11:00 Creative Writing 11:00 Feldenkrais 11:15 Trip: Max Brenner 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:30 Valentine's Day Musical High Tea 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Bridge</p>
<p>16  PRESIDENT'S DAY    CENTER CLOSED</p>	<p>17 BAKE SALE MARDI GRAS/LUNAR NEW YEAR BAKE SALE 10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:30 Making Mardi Gras Masks 11:00 Total Body Sculpt w/Sarah 11:00 Tech Group Training w/Caroline 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Tech Group Training w/Caroline 1:00 Advisory Council Meeting 1:15 Chinese Astrology: 2026 Year of the Fire Horse 2:30 Journaling, for Creatives During Difficult Times 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>18 BIRTHDAY PARTY 9:00 Breakfast Club 10:00 Women's Empowermentw/GG 10:00 Pastels CANCEL 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Journaling, for Creatives During Difficult 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Group w/ G.G. 1:15 BIRTHDAY PARTY 2:30 Movie: FINDING ALTAMIRA 3:00 EFT with Margot 5:00 Presentation by, Phoenix Museum NOTRE DAME REVISITED</p> 	<p>19 9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 2:30 Watercolor with April</p>	<p>20 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Feldenkrais 11:00 Presentation: Heart Health-Hypertension 11:00 Creative Writing 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:00 Presentation: Black History Month: Recognizing and Honoring 100 years of Black Life, History, and Culture 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Bridge</p>
<p>23 10:00 Leisure Games-Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:30 Chair Chi Prana w/ Melissa 2:00 The Bronx 250 Tapestry: A Community Art Project 2:15 Horticultural Wellness Workshop w/Barbara 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>24 EATING DISORDER AWARENESS 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 Tech Group Training w/Caroline 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Tech Group Training w/Caroline 1:15 Presentation: Eating Disorder Awareness with Johanna from Female Fight Club 2:30 Journaling, for Creatives During Difficult Times 3:00 Chair Yoga for Joint Health w/Kathleen 5:00 Presentation: Diane Arbus, photographer, Sylvia Lauden-Meo lecture</p>	<p>25 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Empowerment 10:00 Pastels CANCEL 10:15 Trip NY Historical Society 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Journaling, for Creatives During Difficult 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:15 Presentation: The New York State Citizen Preparedness Corps Training Program 2:30 Movie: MOST BEAUTIFUL THING 3:00 EFT with Margot</p>	<p>26 9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Concerts in Motion: Coffeehouse Thursday 12:00 Lunch 1:00 Chorus with Cheryl 2:30 Watercolor w/April</p>	<p>27 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Creative Writing 11:00 Feldenkrais 11:15 Trip: Buddha Asian Bistro 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Nutrition: By NY Presbyterian 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Bridge</p>
<p>MUSIC APPRECIATION FEBRUARY 1 @ 4:00 RENATA TEBALDI</p> 	<p>DFTA REQUIREMENT  YOU MUST BE A REGISTERED MEMBER TO PARTICIPATE IN ACTIVITIES.  BECOME A MEMBER TODAY!</p>	<p>COMPUTER HELP AVAILABLE TUES. 10:00 TO 4:00 (BY APPOINTMENTS) WITH CAROLINE LAB OPEN EVERY DAY 10 TO 4</p>	<p>KEY: Red—Virtual Black—Onsite Blue—Hybrid Green—Outside</p>	<p>YOUR INVITED: SUNDAY FEBRUARY 22ND TO RSS— Center for Ageless living FOR A  MICHELLIN STAR FINE DINING EXPERIENCE  WITH CHEF ENDY (Reservation Required)</p>