

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