

Monday

Tuesday

Wednesday

Thursday

Friday

February 2025

A * next to an activity means registration is required by calling 336-373-4816 ext 280.

<p>9:15a AHOY (\$3) (V) 3</p> <p>10:15a Seeds & Weeds Garden Club (Flower Arranging)</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) 4</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Dominoes & Mahjong</p> 	<p>9a Qigong 5</p> <p>10a Virtual Reality *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>10a Recipe for Success (V) 6</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> <p>2p Building Stronger Bones with Humana</p>	<p>9:15a Chair Yoga (\$3)(V) 7</p> <p>10a Trivia with Tina</p> <p>11a "Before We Were Yours" Book Club *</p> <p>1p Friday Favorite Movies – "Love Story" *</p> <p>1p Monthly Birthday Celebration with Fields Realty</p>
<p>9:15a AHOY (\$3) (V) 10</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p> 	<p>9a Better Balance (\$3) 11</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Dominoes & Mahjong</p> <p>6p Carolina Aging Alliance Pizza Night *</p>	<p>9a Qigong 12</p> <p>10a Virtual Reality *</p> <p>11a Valentine's Chocolate Treats with Tina (\$5) *</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>9a Fall Recovery (\$4) * 13</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3)(V) 14</p> <p>10a Trivia with Tina</p> <p>11a "Before We Were Yours" Book Club *</p> <p>1p Valentine's Social with Southern Insurance Services</p>
<p>9:15a AHOY (\$3) (V) 17</p> <p>10:30a Day Trip – Escape Room (40) *</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) 8</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Dominoes & Mahjong</p>	<p>9a Qigong 19</p> <p>10a Virtual Reality *</p> <p>11a Open Art/Craft Room</p> <p>11a Gardening with Recipe for Success (V)</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>10a Recipe for Success (V) 20</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> <p>2:30p Black History Month Trivia *</p>	<p>9:15a Chair Yoga (\$3)(V) 21</p> <p>10a Trivia with Tina</p> <p>11a "Before We Were Yours" Book Club *</p> <p>1p Friday Favorite Movies – "The Princess Bride" *</p>
<p>9:15a AHOY (\$3) (V) 24</p> <p>10a AI Tech Class with Doug sponsored by Fyzical</p> <p>10a Mexico City Travelogue *</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) 25</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Dominoes & Mahjong</p>	<p>9a Qigong 26</p> <p>10a Virtual Reality *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>12:30p Tai Chi (\$3) 27</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3)(V) 28</p> <p>10a Mixed Media Art Class with Mary Ellen *</p> <p>10a Donuts with the Director</p> <p>11a "Before We Were Yours" Book Club *</p> <p>1p Friday Favorite Movies – "Jane Eyre" *</p>