

Monday	Tuesday	Wednesday	Thursday	Friday
				
				
				
<p>3</p> <p>9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> 10:45-11:45 Computer Class 11:00-11:45 Board Games Demo 1:00 Black History Recognition Month w/DJ Woody. 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook</p>	<p>4</p> <p>9:00 Word Search w/ MS <u>10:00 Gentle Stretching w/Carl S.</u> <u>11:00 Chair Zumba w/Abi</u> 12:00 Lunch 1:00-2:30 BINGO <u>1:30 Watercolor Painting w/Helen D.</u> 3:00 Leisure Games w/Group</p>	<p>5</p> <p>9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 10:45-11:45 Computer Class w/Senior Planet 12:00 Lunch 1:00-2:30 BINGO 3:00 Leisure Games w/Group 4:30*Virtual Painting w/Joel A.-Zoom</p>	<p>6</p> <p>9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> <u>11:00 Guided Meditation w/Nilcee S.</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook</p>	<p>7</p> <p>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</p> <p><u>Physical Exercise</u> <u>underlined in green</u></p> <p>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</p>
<p>10</p> <p>9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> 10:45-11:45 Computer Class w/Senior Planet 12:00 Lunch 1:00 Valentine's Day Celebration w/ DJ Valentine 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook</p>	<p>11</p> <p>9:00 Word Search w/MS 10:00 Nutrition Lecture w/Neron Francis <u>10:00 Gentle Stretching w/Carl S.</u> <u>11:00 Chair Zumba w/Abi</u> <u>11:00 Women's Talk w/MS</u> 12:00 Lunch <u>1:30 Watercolor Painting w/Helen D.</u> 3:00 Leisure Games w/Group</p>	<p>12</p> <p>9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 11:00 Medication Management-Jewel Pharmacy 12:00 Lunch 1:00-2:30 BINGO 3:00 Leisure Games w/Group 4:30*Virtual Painting w/Joel A.-Zoom</p>	<p>13</p> <p>9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> 11:00 Coping Skills- A Little Spot of Dissapointment! w/Miriam S. 12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook</p>	<p>14</p> <p></p> <p>9:00 Sudoku Puzzles w/ MS <u>10:00 Zumba w/Ability B.</u> <u>10:30AM Plant Hero Memorial + Valentine.</u> Heart Health Month Game 11:00 Arts & Craft w/ Ability B. 12:00 Lunch 1:00-2:30 Bingo 1:30 Painting for Beginners w/Helen D.</p>
<p>17</p> <p>CLOSED</p> <p></p>	<p>18</p> <p>9:00 Word Search w/MS 9:30 MET Art in a Box w/Miriam S. <u>10:00 Gentle Stretching w/Carl S.</u> <u>11:00 Chair Zumba w/Abi</u> 12:00 Lunch <u>1:30 Watercolor Painting w/Helen D.</u> 3:00 Leisure Games w/Group</p>	<p>19</p> <p>9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Leisure Games w/Group 4:30 *Virtual Painting w/Joel A.-Zoom</p>	<p>20</p> <p>9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> <u>11:00 Guided Meditation w/Nilcee S.</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook</p>	<p>21</p> <p>9:00 Sudoku Puzzles w/ MS <u>10:00 Zumba w/Ability B.</u> 11:00 Arts & Craft w/ Ability B. 12:00 Lunch 1:00-2:30 Bingo 1:30 Painting for Beginners w/Helen D.</p>
<p>24</p> <p>9:00 Spot the Difference: Brain Teaser w/MS 10:45-11:45 Computer Class w/SP <u>10:00 Line Dancing w/Wen T.</u> 12:00 Lunch 1:00 February Birthday Party w/ DJ Valentin (Birthday Cake) 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook</p>	<p>25</p> <p>9:00 Word Search w/MS <u>10:00 Gentle Stretching w/Carl S.</u> <u>11:00 Chair Zumba w/Abi</u> 11:00 Disaster Relief with US Army 12:00 Lunch <u>1:30 Watercolor Painting w/Helen D.</u> 3:00 Lesire Game w/Group</p>	<p>26</p> <p>9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Leisure Games w/Group 4:30*Virtual Painting w/Joel A.-Zoom</p>	<p>27</p> <p>9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> <u>11:00 Jewelry Making w/MS</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook</p>	<p>28</p> <p>National Older Adult Independence Month</p> <p>9:00 Sudoku Puzzles w/ MS 10:00-12:00 Health & Wellness Tabling 10:00 Caribbean Zumba Dance w/AB 10:30 Food Demo w/Neron Francis 11:00 Special Arts & Craft w/Ability B. 12:00 Lunch 1:30 Magic Show & Comedy Act w/Alexander</p>