


February 2026

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|--|--|--|---|--|---|--|--|--|
| 2 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 9 am Yoga w/Latha++ 10 am Billiards Tournament++ 10 am Sewing++\$ 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 2 pm Life Stories++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3 pm Discovering Joy in Life** 3:30 pm Yoga for Seniors** | | 3 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 11 am Wills or Trusts: What do I Need?+ 11:10 am Balancing your Diet (S.P.I.C.E)+ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Cerritos Wei Qi++ 1 pm Magic Class++\$ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ | | 4 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Watercolor Painting+\$ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop in Play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors** | | 5 8 am Senior Walking Group++ 9 am Arthritis Foundation Exercise Program++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Chair Exercise 2 w/Tracy ** 2:15 pm Chair Exercise 3 w/Tracy** 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++ 5:30 pm The Ageless Collective++\$ | | 6 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10 am Medicare Basics+ 10:15 am Advanced Ukulele++ 1 pm Love on the Range, Valentines Luncheon+\$ No Movie Due to Valentines Luncheon | |
| 9 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 9 am Yoga w/Latha++ 10 am Sewing++\$ 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3 pm Discovering Joy in Life** 3:30 pm Yoga for Seniors** | | 10 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Home Adventures (V)+ 10 am Mobile Office Hours+ 10:30 am Through the Eyes of the Serrano Indians (S.P.I.C.E)+ 11 am Investments in Retirement+ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Cerritos Wei Qi++ 1 pm Magic Class++\$ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting and Crocheting++\$ | | 11 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Valentines Trivia+ 10 am Watercolor Painting+\$ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop in Play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors** | | 12 8 am Senior Walking Group++ 9 am Arthritis Foundation Exercise Program++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Chair Exercise 2 w/Tracy ** 2:15 pm Chair Exercise 3 w/Tracy** 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++ 5:30 pm The Ageless Collective++\$ | | 13 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ "He's just not that into you" | |
| 16 Senior Center CLOSED  in observance for President's Day | | 17 8 am Senior Walking Group++ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 11 am Long Term Care+ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Cal-Fresh++ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 1:30 pm Gardening Club++ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$ | | 18 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Is That A.I.?+ 10 am Watercolor Painting+\$ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 1 pm One-on-One Coaching++ 2 pm Texas Hold'em Drop in Play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors** | | 19 8 am Senior Walking Group++ 9 am Arthritis Foundation Exercise Program++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 11 am Lost Memories Season 2+ 1 pm Chair Exercise 2 w/Tracy ** 2:15 pm Chair Exercise 3 w/Tracy** 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++ 5:30 pm The Ageless Collective++\$ | | 20 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10 am Alzheimers Caregiver Support Group++ 10:15 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ "Playdate" | |
| 23 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 9 am Yoga w/Latha++ 10 am Sewing++\$ 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3 pm Discovering Joy in Life** 3:30 pm Yoga for Seniors** | | 24 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Calligraphy++ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 2 pm Benefits of Drinking Water+ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$ | | 25 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Living Trusts+ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Watercolor Painting+\$ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop in Play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors** | | 26 8 am Senior Walking Group++ 9 am Discover your Passion+ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Chair Exercise 2 w/Tracy ** 2:15 pm Chair Exercise 3 w/Tracy** 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++ 5:30 pm The Ageless Collective++\$ | | 27 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10:15 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ "Ride Above" | |

