



# FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please remember that all programs require registration. Register online by visiting our website!</b>				
<b>3</b>  <b>10:00 Men's Coffee and Conversation</b>  11:00 Caregiver Support Group  <b>11:00 Cardio &amp; Stretch with Sue</b> ♦  12:30 Merry Maidens Bridge  1:00 Cribbage (beginner)  1:00 Hand & Foot	<b>4</b>  10:00 Art Workshop ♦  10:00 Mindfulness with Nancy  10:00 Gentle Vinyasa Yoga with Leslie ♦  1:00 Canasta  1:00 French Club	<b>5</b>  9:00 Bridge Group  <b>9:00 Strength &amp; Balance with Serina</b> ♦  10:00 Walking Group  10:00 Craft Group  <b>10:00 Crochet Lessons</b> ♦  <b>11:00 Yoga for Older Adults</b>  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>6</b>  10:00 Octets Bridge  <b>11:00 Grief Support</b>  1:00 American Mahjong (novice)  1:00 Adult Coloring Group  <b>1:00 Ballroom Basics</b> ♦  2:00 Ukelele Group  <b>5:00 Rebounder Class</b> ♦  <b>6:00 Cards &amp; Camaraderie</b>	<b>7</b>  9:00 Open House  <b>10:00 Uno &amp; Rummikub</b>  10:00 Knitting Group  1:00 Cribbage (intermediate)
<b>10 SPECIAL</b>  <b>10:00 Men's Coffee and Conversation</b>  <b>10:00 Medicare 101</b>  11:00 Caregiver Support Group  12:30 Merry Maidens Bridge  1:00 Cribbage (beginner)  1:00 Hand & Foot	<b>11 VALENTINE'S</b>  10:00 Art Workshop ♦  10:00 Mindfulness with Nancy  10:00 Gentle Vinyasa Yoga with Leslie ♦  <b>11:00 Galentine's Speed Friending</b>  <b>12:00 Saving Senior Stories</b>  <b>1:00 Taming the To-Do List</b>  1:00 Canasta	<b>12 DAY</b>  9:00 Bridge Group  <b>9:00 Strength &amp; Balance with Serina</b> ♦  10:00 Walking Group  10:00 Craft Group  <b>10:00 Crochet Lessons</b> ♦  <b>10:00 Yoga for Older Adults – Session 1</b>  <b>11:00 Yoga for Older Adults – Session 2</b>  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)  <b>1:00 Valentine's Flower Arranging</b>	<b>13 EVENTS</b>  10:00 Octets Bridge  <b>10:00 Valentine's Chocolate Tasting</b>  <b>11:00 Wise Women Wondering</b>  <b>12:00 No Book Book Club</b>  1:00 American Mahjong (novice)  1:00 Adult Coloring Group  <b>1:00 Ballroom Basics</b> ♦  2:00 Ukelele Group  <b>5:00 Rebounder Class</b> ♦  <b>6:00 Cards &amp; Camaraderie</b>	<b>14</b> ♥  9:00 Open House  <b>9:30 Line Dancing</b> ♦  <b>10:00 Uno &amp; Rummikub</b>  10:00 Knitting Group  <b>11:30 Bridget's Lunch Bunch @ Batson River</b> ♦  1:00 Cribbage (intermediate)  <b>1:00 Afternoon Movie</b>



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<b>17</b>  <div style="text-align: center; color: red; font-weight: bold; padding: 10px 0;">           PRESIDENT'S DAY             CENTER CLOSED         </div>	<b>18</b> 10:00 Art Workshop ◊ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◊ <div style="background-color: yellow; padding: 2px;">12:00 Tech Class</div> 1:00 Canasta 1:00 French Club <div style="background-color: yellow; padding: 2px;">5:30 Beginner Yoga ◊</div>	<b>19</b> 9:00 Bridge Group <div style="background-color: yellow; padding: 2px;">9:00 Strength &amp; Balance with Serina ◊</div> 10:00 Walking Group 10:00 Craft Group <div style="background-color: yellow; padding: 2px;">10:00 Crochet Lessons ◊</div> <div style="background-color: yellow; padding: 2px;">10:00 Yoga for Older Adults – Session 1</div> <div style="background-color: yellow; padding: 2px;">11:00 Yoga for Older Adults – Session 2</div> 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	<b>20</b> 10:00 Octets Bridge <div style="background-color: yellow; padding: 2px;">11:00 Grief Support</div> <div style="background-color: yellow; padding: 2px;">11:30 Men's Lunch Bunch @ Sebago Brewing ◊</div> 1:00 American Mahjong (novice) 1:00 Adult Coloring Group <div style="background-color: yellow; padding: 2px;">1:00 Ballroom Basics ◊</div> 2:00 Ukelele Group <div style="background-color: yellow; padding: 2px;">5:00 Rebounder Class ◊</div> <div style="background-color: yellow; padding: 2px;">6:00 Cards &amp; Camaraderie</div>	<b>21</b> 9:00 Open House <div style="background-color: yellow; padding: 2px;">9:30 Line Dancing ◊</div> <div style="background-color: yellow; padding: 2px;">10:00 Uno &amp; Rummikub</div> 10:00 Knitting Group 1:00 Cribbage (intermediate) 2:00 Parkinson's Support
<b>24</b> <div style="background-color: yellow; padding: 2px;">10:00 Men's Coffee and Conversation</div> 11:00 Caregiver Support Group <div style="background-color: yellow; padding: 2px;">11:00 Cardio &amp; Stretch with Sue ◊</div> 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	<b>25</b> 10:00 Art Workshop ◊ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◊ <div style="background-color: yellow; padding: 2px;">11:30 Monthly Luncheon @ Federal Jack's ◊</div> 1:00 Canasta <div style="background-color: yellow; padding: 2px;">5:30 Beginner Yoga ◊</div>	<b>26</b> 9:00 Bridge Group <div style="background-color: yellow; padding: 2px;">9:00 Strength &amp; Balance with Serina ◊</div> 10:00 Walking Group 10:00 Craft Group <div style="background-color: yellow; padding: 2px;">10:00 Crochet Lessons ◊</div> <div style="background-color: yellow; padding: 2px;">10:00 Yoga for Older Adults – Session 1</div> <div style="background-color: yellow; padding: 2px;">11:00 Yoga for Older Adults – Session 2</div> 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club	<b>27</b> <div style="background-color: yellow; padding: 2px;">9:30 Keep it Legal</div> 10:00 Octets Bridge <div style="background-color: yellow; padding: 2px;">11:00 Social Club</div> 1:00 American Mahjong (novice) <div style="background-color: yellow; padding: 2px;">1:00 Ballroom Basics – Session 2 ◊</div> 1:00 Adult Coloring Group 2:00 Ukelele Group <div style="background-color: yellow; padding: 2px;">5:00 Rebounder Class ◊</div> <div style="background-color: yellow; padding: 2px;">6:00 Cards &amp; Camaraderie</div>	<b>28</b> 9:00 Open House <div style="background-color: yellow; padding: 2px;">9:30 Line Dancing ◊</div> <div style="background-color: yellow; padding: 2px;">10:00 Uno &amp; Rummikub</div> 10:00 Knitting Group 1:00 Cribbage (intermediate) <div style="background-color: yellow; padding: 2px;">1:00 Indoor Cornhole</div>

**KEY**

**Highlighted Program** = New & Noteworthy

◊ = Program Fee

**Bold Program** = Off-Site Program or Fundraiser