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WEDNESDAY, FEB. 11	THURSDAY, FEB. 12	FRIDAY, FEB. 13	SATURDAY, FEB. 14
9-9:30Body Blast 9:30-11:30Watercolor Beg. 10-10:50Easy Zumba 10-11Yoga for You 10-12Protect Yourself 10-12Backup & Restore 10-12English 1 & 4 10-12Gift Shop Crafts 11-11:30Stretch & Energize 11:15-12:05Line Dancing 12-2Watercolor Adv. 12:15-1:05Total Body Fit 1-2Chromebook Basics 1-2Table Tennis Beg. II 1:15-2Balance Challenge 2-3:30Spanish Basic (V) 2:15-3Restorative Yoga 7-10RSI Bingo	9-9:45Strength Training Challenge 9-12Practice Lab 10-10:50Forever Fit 10-11Talking Sports 10-11Awakening Joy 10-12English 2 & 3(V) 10:30-12Japanese Language & Culture 10-1Mindful Moments 11-12Aerobic Workout 11-12Grupo de Apoyo Hispano 11:15-12Chair Yoga 12:05-12:50Strength & Stability: Lunchtime Fitness (V) 12:45-1:45Tai Chi Level 1 1-2Arthritis Foundation (V) 1-2:30Heart Month 1-2:30Living & Learning (V) 1-3In Person Movie 2-3:30Spanish Cont (V) 2-2:45Afternoon Yoga & Relaxation 2-3Tai Chi Level 2 2-4English Convo(V)	9-9:45Total Conditioning Workout 9:30-12Drop In Chess 10-11Yoga for You 10-11:30Intentional Dialect 10-12Supervised Bridge Play 11-12Managing Stress (V) 11:15-12Bilingual Yoga with a Chair 11:15-12Easy Feet 12:15-1:15Arthritis Foundation 1-2Table Tennis Int. 1-3In Person Movie 1:30-4Drop in Bridge 1:30-2:15Zumba Gold 2:30-330-Minute Stretch & Unwind	9-2:30AARP Tax Help 10-10:45LaBlast Dance Fitness 11-11:45Standing Strength & Balance
MONDAY, FEB. 16	TUESDAY, FEB. 17	WEDNESDAY, FEB. 18	THURSDAY, FEB. 19
Building Closed 	9-9:45Strength Training Challenge 9-1:30Piano Lessons 9:30-2Watercolor Int. (V) 10-10:50Forever Fit 10-12English 2 & 3(V) 10-12Android Basics 11-11:45Kickboxing & Self Defense 11-12Aerobic Workout 1-2Arthritis Foundation (V) 1-2Healthy Hacks 1-2:30Honest Aging (V) 1-3Beg. Bridge II 1:15-2Beg. Pilates 1:15-2:15Cardio Motion 1:30-3Helping Hands 1:45-2:20Handbells 1 2-3:30Spanish Cont (V) 2-4English Convo (V) 2:30-3:10Handbells 2 2:30-3:15Cardio Drumming	9-9:30Body Blast 9:30-11:30Watercolor Beg. 10-10:50Easy Zumba 10-11Yoga for You 10-12English 1 & 4 10-12Gift Shop Crafts 10-12Android Basics 11-11:30Stretch & Energize 11:15-12:05Line Dancing 12-2Watercolor Adv. 12:15-1:05Total Body Fit 1-2Table Tennis Beg. II 1:15-2Balance Challenge 2:15-3Restorative Yoga 7-10RSI Bingo	9-9:45Strength Training Challenge 9-12Practice Lab 10-10:50Forever Fit 10-11Talking Sports 10-11Awakening Joy 10-12English 2 & 3(V) 10:30-12Japanese Language & Culture 11-12Aerobic Workout 11-12Grupo de Apoyo Hispano 11-1YIH Mtg. 11:15-12Chair Yoga 12:05-12:50Strength & Stability: Lunchtime Fitness(V) 12:45-1:45Tai Chi Level 1 1:30-2:30Better Breathers 1-2Arthritis Foundation (V) 1-2:30Positive Aging Alone (V) 2-2:45Afternoon Yoga & Relaxation 2-3:30Spanish Cont (V) 2-3Tai Chi Level 2 2-4English Convo(V) 3:30-4:45Country Line Dance Party

FRIDAY, FEB. 20		SATURDAY, FEB. 21		MONDAY, FEB. 23		TUESDAY, FEB. 24	
9-9:45	Total Conditioning Workout	9-2:30	AARP Tax Help	9-9:45	Total Conditioning Workout	9-9:45	Strength Training Challenge
9:30-12	Drop In Chess	10-10:45	LaBlast Dance Fitness	9:30-4:30	AARP Tax Help	9:30-12	Watercolor Int. (V)
10-11	Yoga for You	11-11:45	Standing Strength & Balance	10-10:50	Easy Zumba	10-10:50	Forever Fit
10-12	Supervised Bridge Play			10-12	Windows 11 Tips	10-11	Underground Railroad (V)
11-12	Managing Stress (V)			10:30-11:30	Montgomery County Schools: Bayard Rustin (V)	10-11	Storytelling with Erin: Memory Schmemory (V)
11:15-12	Bilingual Yoga with a Chair			11-12	Chair Exercise	10-12	English 2 & 3(V)
11:15-12	Easy Feet			12:15-1:05	Total Body Sculpt	10-12	Windows 11 Tips
11:30-1	Willing 3C's			12:30-2	Improv Positivity	11-12	Aerobic Workout
12:15-1:15	Arthritis Foundation			1-2	Stress Reduction/ Meditation	11-11:45	Kickboxing & Self Defense
1-2	Table Tennis Int.			1-2	Table Tennis Beg. I	12:15-1	Fitness Workshop Female Pelvic Health 2
1:30-2:15	Zumba Gold			1-2:30	Piecemakers	1-3	Beg. Bridge II
1:30-4	Drop in Bridge			1:15-2	Balance Matters	1-2	Arthritis Foundation (V)
2:30-3	30-Minute Stretch & Unwind			2-3	Celebrating Black History Montg with CMA (V)	1-2:30	Brain Games (V)
		2:15-3	Stretching & Flexibility Coach	1:15-2	Beg. Pilates		
				1:15-2:15	Cardio Motion		
				1:30-3	Helping Hands		
				2-3:30	Spanish Cont (V)		
				2-4	English Convo (V)		
				2:30-3:15	Cardio Drumming		
WEDNESDAY, FEB. 25		THURSDAY, FEB. 26		FRIDAY, FEB. 27		SATURDAY, FEB. 28	
9-9:30	Body Blast	9-9:45	Strength Training Challenge	9-9:45	Total Conditioning Workout	9-2:30	AARP Tax Help
9:30-11:30	Watercolor Beg.	9-12	Practice Lab	9:30-12	Drop In Chess	10-10:45	LaBlast Dance Fitness
10-10:50	Easy Zumba	9:30-10:45	Book Club(V)			11-11:45	Standing Strength & Balance
10-12	English 1 & 4	10-10:50	Forever Fit				
10-12	Pictures to Device	10-11	Talking Sports	10-11	Yoga for You		
10-12	Gift Shop Crafts	10-11	Awakening Joy	10-12	Supervised Bridge Play		
11-11:30	Stretch & Energize	10-12	English 2 & 3(V)	11-12	Managing Stress (V)		
11:30-1	Red Hats Mtg.	10-2	YIH Mtg.	11:15-12	Bilingual Yoga with a Chair		
12-2	Watercolor Adv.	10:30-12	Japanese Language & Culture	11:15-12	Easy Feet		
12:15-1:05	Total Body Fit	11-12	Aerobic Workout	12:15-1:15	Arthritis Foundation		
1-2	Table Tennis Beg. II	11-12	Grupo de Apoyo Hispano	1-2	Table Tennis Int.		
1-2:30	Interventional Pain Management Solution	11:15-12	Chair Yoga	1-3	In Person Movie		
1:15-2	Balance Challenge	12:05-12:50	Strength Stability Lunchtime Fitness (V)	1:30-4	Drop in Bridge		
2:15-3	Restorative Yoga	12:45-1:45	Tai Chi Level 1	1:30-2:15	Zumba Gold		
7-10	RSI Bingo	1:30-2:30	Better Breathers	2:30-3	30-Minute Stretch & Unwind		
		1-2	Arthritis Foundation (V)				
		1-2	Staying Social, Staying Strong				
		1-3:40	In Person Movie				
		2-3:30	Spanish Cont (V)				
		2-2:45	Afternoon Yoga & Relaxation				
		2-3	Tai Chi Level 2				
		2-4	English Convo(V)				
		2-4	Mobile Market				

February Word Search

S	T	O	S	W	E	V	S	T	R	A	E	H	L
S	I	G	L	D	A	A	S	H	A	D	O	W	I
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A	R	N	R	P	O	E	E	O	K	S	E	F	C
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SWEETHEART
FLOWERS
CANDY
FRIENDS
CUPID
GROUNDHOG
PRESIDENTS
LINCOLN
WASHINGTON
CHOCOLATE
VALENTINES
LEAP YEAR
SHADOW
HEARTS
KISSES

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2				8			7	1
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7	1							5
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