



A non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

## FEBRUARY 2025

*All activities are open to seniors 55 & up*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	28 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30	29 Balance & Bones 9:15 am Balance & Bones 11:00 am	30 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	31 Technology Class with Mendham HS students TBA	1
2	3 Chair Yoga - 9:30 am <b>No Core Centrics</b> Piano Level 1 - 11 am Piano Level 2 - 1 pm <b>L &amp; L - Noon</b>	4 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 <b>SRC String Jam 11:00</b>	5 Balance & Bones 9:15 am Balance & Bones 11:00 am <b>Quilting 12:30 pm</b>	6 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	7 Walking Club 11:00 am	8
9	10 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	11 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30 <b>L &amp; L - 12 Noon</b>	12 Balance & Bones 9:15 am Balance & Bones 11:00 am	13 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	14 Walking Club 11:00 am	15
16	17 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	18 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 <b>SRC String Jam 11:00</b>	19 Balance & Bones 9:15 am Balance & Bones 11:00 am <b>Quilting 12:30 pm</b>	20 Pilates 9:30 am <b>Coffee Hour - 11:00 am</b> Line Dancing 1:00 pm Stretch Bands 2:00 pm	21 Walking Club 11:00 am	22
23	24 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	25 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30	26 Balance & Bones 9:15 am Balance & Bones 11:00 am	27 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	28 Walking Club 11:00 am	1