


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>2/1            9:00 Tech Lab            10:00 Stay Well Exercise-Virtual            10:00 Mah Jongg-In Person            10:00 Tai Chi-In Person            11:00 Hebrew Short Stories-Virtual            1:00 Knitting-In Person</p>	<p>2/2            10:00 Stay Well Exercise-Virtual            10:00 Writing Class-Virtual            12:45 Membership Meeting-In Person &amp; Virtual            1:00 Bliss Fit-In Person &amp; Virtual            1:30 Water Aerobics-In Person</p>	<p>2/3            9:00 Tech Lab            10:00 Coffee &amp; Coloring-In Person            10:00 Stay Well Exercise-Virtual            10:45 Functional Movement-In Person            11:00 Hebrew Short Stories-Virtual            1:00 Group Chat with Carmen-In Person            1:00 Chair Yoga-In Person &amp; Virtual</p>	<p>2/4            10:00 Stay Well Exercise-Virtual &amp; In Person            10:45 Current Events-In Person            12:45 Webinar-Worlds Fair-In Person &amp; Virtual</p>
<p>2/7            9:30 Jacob's Talk-Virtual            10:00 Stay Well Exercise-In Person &amp; Virtual            10:00 Mah Jongg-In Person            11:00 Walking Club-In Person            1:00 Men's Group-Virtual            1:00 Bingo-In Person            1:00 Bridge Players Meeting-Virtual &amp; In Person</p>	<p>2/8            9:00 Tech Lab            10:00 Stay Well Exercise-Virtual            10:00 Mah Jongg-In Person            10:00 Tai Chi-In Person            10:00 Painting Class-In Person            10:30 Art Explorations-Virtual &amp; In Person            11:00 Hebrew Short Stories-Virtual            12:45 Rock &amp; Roll Talk-Virtual &amp; In Person            1:00 Knitting-In Person</p>	<p>2/9            10:00 Stay Well Exercise-Virtual            10:00 Writing Class-Virtual            11:00 Art Talk-Virtual &amp; In Person            12:45 Watch &amp; Talk-In Person            1:00 Bliss Fit-In Person &amp; Virtual</p>	<p>2/10            9:00 Tech Lab            10:00 Coffee &amp; Coloring-In Person            10:00 Stay Well Exercise-Virtual            10:45 Functional Movement-In Person            11:00 Hebrew Short Stories-Virtual            1:00 Group Chat with Carmen-In Person            1:00 Chair Yoga-Virtual &amp; In Person</p>	<p>2/11            10:00 Stay Well Exercise-Virtual &amp; In Person            10:45 Current Events-In Person            12:45 Entertainment-In Person</p>
<p>2/14            9:30 Jacob's talk-Virtual            10:00 Stay Well Exercise-In Person &amp; Virtual            10:00 Mah Jongg-In Person            10:30 Talk-Living with Loss-In Person            11:00 Short Stories-Virtual            11:00 Walking Club-In Person            1:00 Men's Group-Virtual            1:00 Bingo-In Person</p>	<p>2/15            9:00 Tech Lab            10:00 Stay Well Exercise-Virtual            10:00 Mah Jongg-In Person            10:00 Tai Chi-In Person            10:00 Painting Class-In Person            10:30 Art Explorations-In Person &amp; Virtual            11:00 Hebrew Short Stories Virtual            1:00 Knitting Class-In Person            1:30 Entertainment-In Person</p>	<p>2/16            10:00 Stay Well Exercise-Virtual            10:00 Writing Class-Virtual            11:00 Cooking Live-Virtual &amp; In Person            12:45 Watch &amp; Talk-In Person            1:00 Bliss Fit- Virtual &amp; In Person            1:30 Water Aerobics-In Person</p>	<p>2/17            9:00 Tech Lab            10:00 Coffee &amp; Coloring-In Person            10:00 Stay Well Exercise-Virtual            10:45 Functional Movement-In Person            11:00 Hebrew Short Stories-Virtual            1:00 Group Chat with Carmen In Person            1:00 Chair Yoga-Virtual &amp; In Person</p>	<p>2/18            10:00 Stay Well Exercise-Virtual &amp; In Person            10:30 Fitness Class-Virtual            10:45 Current Events In Person            12:45 Friday Films-In Person</p>
<p>2/21            9:30 Jacob's Talk-Virtual            10:00 Stay Well Exercise-In Person &amp; Virtual            10:00 Mah Jongg-In Person            11:00 Walking Club-In Person            11:00 Jazz Appreciation-In Person            1:00 Men's Group Virtual            1:00 Bingo-In Person</p>	<p>2/22            9:00 Tech Lab            10:00 Stay Well Exercise-Virtual            10:00 Mah Jongg-In Person            10:00 Tai Chi-In Person            10:00 Painting Class-In Person            10:30 Art Explorations-In Person &amp; Virtual            11:00 Hebrew Short Stories-Virtual            12:45 Webinar-Speakeasies-Virtual &amp; In Person            1:00 Knitting Class-In Person</p>	<p>2/23            10:00 Stay Well Exercise-Virtual            10:00 Writing Class-Virtual            11:00 Sleep &amp; Brain Health-Virtual &amp; In Person            1:00 Bliss Fit-Virtual &amp; In Person            1:30 Water Aerobics-In Person</p>	<p>2/24            9:00 Tech Lab            10:00 Coffee &amp; Coloring-In Person            10:00 Stay Well Exercise-Virtual            10:45 Functional Movement-In Person            11:00 Hebrew Short Stories-Virtual            1:00 Group Chat with Carmen-In Person            1:00 Chair Yoga-Virtual &amp; In Person            1:00 Book Club-Virtual</p>	<p>2/25            10:00 Stay Well Exercise-Virtual &amp; In Person            10:45 Current Events-In Person            12:45 Friday Films-In Person</p>
<p>2/28            9:30 Jacob's Talk-Virtual            10:00 Stay Well Exercise-In Person &amp; Virtual            10:00 Mah Jongg-In Person            11:00 Walking Club-In Person            1:00 Men's Group-Virtual            1:00 Bingo-In Person</p>	<p><b>LUNCH AT 11:45AM            EVERY DAY.            SEATING BEGINS            AT 11:30</b></p>	<p><b>FEBRUARY            2022</b></p>	<p><b><u>BIRTHDAY LUNCHEON</u>  <u>TUES, 02/15/22</u></b>   <b>11:30AM TO 12:30PM            12:30PM TO 1:30PM</b></p>	<p><b>Tech Lab by            Appointment Only            Tuesday (9-11am)            Thursday (9-10am)            718-548-8200 ext 233</b></p>