



FEBRUARY 2025

Classes with (*) require reservations. Call us to sign up!

Event Types:
Intellectual
Physical
Social
Spiritual

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Yoga Classes- \$10 Suggested Donation</p> <p>Thursday Lunch \$5.00 Reserve your Meal by Tuesday @ 2pm</p>	<p>Classes are subject to change at any time; call to confirm.</p>	29	30	31	01 9 AM Al Anon
<p>03 3:30 PM Fundraising Meeting 9 AM Mindfulness Yoga 10:45 AM Chair Yoga</p>	<p>04 10 AM Balance & Core</p>	<p>05 3:30 PM Board Meeting 5:30 PM Country Cowboy Bible Study</p>	<p>06 10 AM Balance & Core 10:30 AM Needleworks+ 11:15 AM Senior Social Hour and Lunch 4:00 PM Wii Bowling</p>	<p>07 10 AM Mah Jong</p>	<p>08 9 AM Al Anon</p>
<p>10 9 AM Mindfulness Yoga 10:45 AM Chair Yoga</p>	<p>11 10 AM Balance & Core</p>	<p>12 10:30 AM Bunco Too! 1 PM Bunco</p>	<p>13 10 AM Balance & Core 10:30 AM Needleworks+ 11:15 AM Senior Social Hour and Lunch</p>	<p>14 Valentine's Day 10 AM Mah Jong</p>	<p>15 9 AM Al Anon</p>
<p>17 Presidents' Day 9 AM Mindfulness Yoga 10:45 AM Chair Yoga SCC OFFICE CLOSED</p>	<p>18 10 AM Balance & Core</p>	<p>19 5:30 PM Country Cowboy Bible Study</p>	<p>20 10 AM Balance & Core 10:30 AM Needleworks+ 11:15 AM Senior Social Hour and Lunch</p>	<p>21 10 AM Mah Jong</p>	<p>22 9 AM Al Anon 4 PM Community Game Night (Families Welcome!)</p>
<p>24 9 AM Mindfulness Yoga 10:45 AM Chair Yoga</p>	<p>25 10 AM Balance & Core</p>	27	<p>28 10 AM Balance & Core 10:30 AM Needleworks+ 11:15 AM Senior Social Hour and Lunch</p>	<p>01 10 AM Mah Jong</p>	<p>02 9 AM Al Anon</p>

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