

FEBRUARY 2021

MONDAY

3:00-3:45pm
Yoga Nidra
Meditation
(Private/Semi
Private Class)
Ilene Berke

TUESDAY

8:45am-9:45am
Jazzercise
Elizabeth Eaves

10:30am-12:00pm
Music Appreciation

1:00pm-3:00pm
Watercolor
David Deyell

10:30am-11:30am
Laugh, Flex & Stretch
Lois Jackson

11:30am-1:00pm
Women's COVID
Support Group
Sue Wellerstein

WEDNESDAY

11:15am-12:15pm
Chair Yopalates
Ilene Berke

Senior Advocate
Appointments
Available

1:00-2:30pm
Caregiver Support
Group

THURSDAY

2:00pm-3:00pm
Turtle Conservancy
Tour

8:45-9:45am
Jazzercise
Elizabeth Eaves

10:30-11:30am
Arthritis
Lois Jackson

2:00pm-3:00pm
Turtle Conservancy
Tour
*Only on 2/25

FRIDAY

11:15am-12:15pm
Chair Yopalates
Ilene Berke