

For more information about programs
check out our program guide!

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 2
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 5	Mindful Movement Advanced: 11:15 -12:15 Skip-Bo 10 - 12 SCWW 1:30-2:15 6	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 7	Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Mindful Movement Advanced: 11:15 -12:15 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 8	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 9
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 12	Skip-Bo 10 - 12 Tech Cafe 1:00-3:00 Mindful Movement Advanced: 11:15 -12:15 SCWW Shalom Small Homes Guest Speaker 1:30-2:15 13	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 14	Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Mindful Movement Advanced: 11:15 -12:15 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 15	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 16
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 Minds in Motion 1:00-4:00 19	Mindful Movement Advanced: 11:15 -12:15 Skip-Bo 10 - 12 SCWW 1:30-2:15 20	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 21	Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Mindful Movement Advanced: 11:15 -12:15 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 22	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 23
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 26	Skip-Bo 10 - 12 SCWW 1:30-2:15 Mindful Movement Advanced: 11:15 -12:15 Tuesday Talks - Mayor Peckford 1:30 - 3:00pm 27	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 28	Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Mindful Movement Advanced: 11:15 -12:15 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 29	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 30

For more information about programs
check out our program guide!

FEBRUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 2	Mindful Movement Advanced: 11:15 -12:15 Skip-Bo 10 - 12 SCWW 1:30-2:15 3	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 4	Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 Mindful Movement Advanced: 11:15 -12:15 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 5	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art Therapy 1:00-2:30pm 6
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 9	Functional Fitness 9:00-9:45am Mindful Movement Advanced: 11:15 -12:15 Tech Cafe 1:00-3:00 Skip-Bo 10 - 12 SCWW 1:30-2:15 10	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 11	Footcare Clinic Functional Fitness 9:00-9:45am Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 Mindful Movement Advanced: 11:15 -12:15 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 12	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art Therapy 1:00-2:30pm 13
Office Closed for Family Day 16	Functional Fitness 9:00-9:45am Skip-Bo 10 - 12 Mindful Movement Advanced: 11:15 -12:15 SCWW Sarah Green Guest Speaker 1:30-2:15 Tuesday Talks - Amplifon Hearing 1:30 - 3:00pm 17	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 18	Footcare Clinic Functional Fitness 9:00-9:45am Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 Mindful Movement Advanced: 11:15 -12:15 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 19	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art Therapy 1:00-2:30pm 20
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 Minds in Motion 1:00-4:00 23	Functional Fitness 9:00-9:45am Mindful Movement Advanced: 11:15 -12:15 Skip-Bo 10 - 12 SCWW 1:30-2:15 Authors Day 1:00-3:00pm 24	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 25	Footcare Clinic Functional Fitness 9:00-9:45am Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 Mindful Movement Advanced: 11:15 -12:15 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 26	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art Therapy 1:00-2:30pm 27

For more information about programs
check out our program guide!

MARCH 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 2	Functional Fitness 9:00-9:45am SCWW 1:30-2:15 Skip-Bo 10 - 12 3	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 4	Footcare Clinic Functional Fitness 9:00-9:45am Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 5	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art Therapy 1:00-2:30pm 6
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 9	Functional Fitness 9:00-9:45am Skip-Bo 10 - 12 SCWW 1:30-2:15 Tuesday Talks -Pickle & Myrrh 1:30 - 3:00pm 10	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 11	Footcare Clinic Functional Fitness 9:00-9:45am Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 12	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art Therapy 1:00-2:30pm 13
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 16	Skip-Bo 10 - 12 SCWW 1:30-2:15 Tech Cafe 1:00-3:00 17	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 18	Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW Wilding Acres Guest Speaker 1:30-2:15 Singing Seniors 1:30 - 3:30 19	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art Therapy 1:00-2:30pm 20
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 Minds in Motion 1:00-4:00 23	Functional Fitness 9:00-9:45am SCWW 1:30-2:15 Skip-Bo 10 - 12 24	Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 25	Functional Fitness 9:00-9:45am Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 26	Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art Therapy 1:00-2:30pm 27
Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 30	Functional Fitness 9:00-9:45am SCWW 1:30-2:15 Skip-Bo 10 - 12 31			