



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 2025				SATURDAY 1 Restorative Yoga (3 sessions)(skip 2/15) 8-9 am, Bldg 2, Rm 205 Colorful Creations: Drawing with Colored Pencil 10:30 am-2:30 pm, Bldg 1, Rm 105
3 Monday Morning Drawing (3 sessions)(skip 2/17) 10:30 am-12:30 pm, Bldg 1, Rm 105 Reduce Taxes in Retirement Noon-1 pm, Bldg 1, Rm 104	4 Mind, Body & Soul Yoga (4 sessions) 9:30-10:30 am, Bldg 3, Rm 301 Cops in the Café 9:30-10:30 am, Bldg 2, Café UA Hearing, Hearing Loss and Cognition 10-11:30 am, Bldg 2, Rm 204 Downsizing Successfully Noon-1 pm, Bldg 1, Rm 104 AppleWatch 1 1-3 pm, Bldg 3, Rm 301 Watercolor Workshop (4 sessions) 1-3 pm, Bldg 1, Rm 105	5 Intro to Euchre (4 sessions) 10-11 am, Bldg 2, Rm 204	6 Anthony Thomas Candy Factory Tour 10:45 am-3 pm, Depart Bldg 2 Thursday Line Dance (4 sessions) 10-11 am, Bldg 2, Rm 205 Gentle Hatha Yoga (4 sessions) 10-11 am, Bldg 3, Rm 301 Security & Scams with Patients 10-11 am, Bldg 1, Rm 104 Lunch Buddies, 11:05 am, Bldg 2, Rm 205 Creative Expression for Alzheimer's and Dementia (3 sessions) 1-2 pm, Bldg 1, Rm 105 Walking Club, 3-3:45 pm, Meet Bldg 3	7 Beginners Line Dance (4 sessions) 10-11 am, Bldg 1, Rm 102 WITS Workout (4 sessions) 11 am-Noon, Bldg 3, Rm 301 50+ Connections 1 pm, Bldg 1, Rm 104
10 iPhone: FaceTime 1-3 pm, Bldg 3, Rm 301	11 Alzheimer's: Comprehensive Preparedness 10-11:30 am, Bldg 2, Rm 204 Armchair Travel - Columbus Park of Roses 11 am-Noon, Bldg 1, Rm 104 AppleWatch 2 1-3 pm, Bldg 3, Rm 301 Valentine Bingo 2-3 pm, Bldg 2, Rm 204 UA Stage - <i>The Sound of Music</i> 5 pm-Dinner, 6 pm-Show	12 Book Club: <i>Lady Tan's Circle of Women</i> by Lisa See 9:45-11 am, Bldg 1, Rm 104 Grub Club: Degrees at Columbus State 11 am-2:30 pm, Depart Bldg 2	13 Registration Required Advanced registration is required for all programs. Register at least two business days in advance. It allows us to determine if we have enough participants to run the class and time to prepare.	14 Laughing and Learning About Marriage 10-11:30 am, Bldg 1, Rm 104
17 Senior Center Closed In Observance of Presidents' Day 	18 Alzheimer's: Effective Communication and Planning 10-11:30 am, Bldg 2, Rm 204 Vintage Jewelry Gathering 10-11:30 am, Bldg 1, Rm 104 SAG Boxed Lunch - The Chocolate Café 11-Noon, Bldg 2, Café UA AppleWatch 3 1-3 pm, Bldg 3, Rm 301 A Taste of French Chocolate 1:30-3 pm, Bldg 2, Rm 204	19 Presidential and White House Trivia 10-11:30 am, Bldg 1, Rm 104 Zumba Gold (5 sessions) 10:15-11 am, Bldg 2, Rm 205 Tap Dance Classes (6 sessions) Exp: 12:30 pm, Beg: 1:30 pm Bldg 2, Rm 205 Pilates Fusion (5 sessions) (skip 3/5) 4-5 pm, Bldg 1, Rm 102	20 Loving My Menu-OSU MEK Cooking Demo 11 am-Noon, Bldg 2, Rm 204 Movie Club: <i>The Flash</i> (PG13, 2h 24m) 12:30 pm, Bldg 2, Rm 204 Improving Your Health with Movement & Self-Care (6 sessions) 3-4 pm, Bldg 2, Rm 205	21 SATURDAY 22 Fit After 50 (6 sessions) 9:30-10:30 am, Bldg 1, Rm 102
24 iPhone: Mail 1-3 pm, Bldg 3, Rm 301 Mystery Book Club: <i>The All-Girl Filling Station's Last Reunion</i> by Fannie Flagg 2-3 pm, Bldg 2, Café UA Lounge	25 AppleWatch 3 1-3 pm, Bldg 3, Rm 301 Move & Groove Aerobics: Dance Fusion (5 sessions) 1:30-2:30 pm, Bldg 1, Rm 102	26	27	28