

February

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:00 Sit & Stretch 1:30 Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Fitness 1:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Drumming	9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball
8	9	10	11	12	13	14
9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:00 Sit & Stretch 1:30 Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Fitness 1:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Drumming	9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball
15	16	17	18	19	20	21
9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:00 Sit & Stretch 1:30 Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Fitness 1:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Drumming	9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball
22	23	24	25	26	27	28
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						The logo for SF, featuring the letters "SF" in a stylized font with a feather icon to the right.

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