

February

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Gentle Range of Motion Exercises with Eva 9:30 MC- Living Rm 10:00 MC- Living Rm	Stretch & Cardio with Rebecca 9:30 MC – Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC – Living Rm 10:00 AL-Bistro	Strength Training Exercises with Rebecca 9:30 MC – Living Rm 10:00 AL - Living Rm	Dance Exercises with Carol 9:30 MC – Living Rm 10:00 AL - Living Rm	Balance Exercises with Rebecca 9:30 MC – Living Rm 10:00 AL - Living Rm
8	9	10	11	12	13	14
	Gentle Range of Motion Exercises with Eva 9:30 MC- Living Rm 10:00 MC- Living Rm	Stretch & Cardio with Rebecca 9:30 MC – Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC – Living Rm 10:00 AL-Bistro	Strength Training Exercises with Rebecca 9:30 MC – Living Rm 10:00 AL - Living Rm	Dance Exercises with Carol 9:30 MC – Living Rm 10:00 AL - Living Rm	Balance Exercises with Rebecca 9:30 MC – Living Rm 10:00 AL - Living Rm
15	16	17	18	19	20	21
	Gentle Range of Motion Exercises with Eva 9:30 MC- Living Rm 10:00 MC- Living Rm	Stretch & Cardio with Rebecca 9:30 MC – Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC – Living Rm 10:00 AL-Bistro	Strength Training Exercises with Rebecca 9:30 MC – Living Rm 10:00 AL - Living Rm	Dance Exercises with Carol 9:30 MC – Living Rm 10:00 AL - Living Rm	Balance Exercises with Rebecca 9:30 MC – Living Rm 10:00 AL - Living Rm
22	23	24	25	26	27	28
	Gentle Range of Motion Exercises with Eva 9:30 MC- Living Rm 10:00 MC- Living Rm	Stretch & Cardio with Rebecca 9:30 MC – Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC – Living Rm 10:00 AL-Bistro	Strength Training Exercises with Rebecca 9:30 MC – Living Rm 10:00 AL - Living Rm	Dance Exercises with Carol 9:30 MC – Living Rm 10:00 AL - Living Rm	Balance Exercises with Rebecca 9:30 MC – Living Rm 10:00 AL - Living Rm