




# February 2024 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>GREEN = ON SITE  <i>ITALICS = ZOOM ONLY</i>            BLUE = OFF SITE            RED = HYBRID (Live/Zoom)</p>	<p>Register: <a href="http://www.myactivecenter.com">www.myactivecenter.com</a>,            call 203-862-6700 (main number), or            203-862-6720 (administrator)            Senior Center Website: <a href="http://www.greenwichct.gov">www.greenwichct.gov</a>            Zoom Meeting ID: 3032051305</p>		<p>1 9:15 <i>Meditation with Megan</i>            9:30 Introduction to Drawing with Michelle            10:30 Tai Chi with Bill or Sue            11:15 <i>Mat Strength &amp; Flexibility with Wendy</i>            11:30 Intermediate Drawing with Michelle            12:15 <i>Walk the Distance @ Cos Cob Park</i>            1:00 Knitting Knotch            3:00 NIA Dance with Kristin</p>	<p>2 9:45 Cardio Strength with Linda            10:00 Watercolor Class with Lorraine            10:30 Tai Chi with Bill or Sue            11:30 TANGO with Dardo &amp; Alonso            1:00 <i>Cupid Crew Card Writing</i></p>
<p>5 9:15 <i>Meditation with Megan</i>            10:30 Mondays in Motion with Linda            12:45 <i>Stay on your Feet with Wendy</i>            1:30 Zumba LIVE with Wendy            2:30 <i>Short Stories</i></p>	<p>6 9:00 <i>Fit after 50 with Wendy</i>            9:55 Tech Time 1:1            10:00 Advanced Acrylic with Lorraine            10:45 <i>Arthritis Mobility with Tamara</i>            11:00 Tai Chi with Bill or Sue            1:00 Intermediate Acrylic with Lorraine            1:00 <i>Floor Yoga with Jeannie</i>            2:00 <i>Walk the Distance @ Grass Island</i></p>	<p>7 10:00 Mahjong            10:00 <i>It's a Matter of Balance with Wendy</i>            10:45 <i>Stretch and Relax with Wendy</i>            11:30 Blood Pressure Clinic            12:30 Cardio Strength with Linda            1:15 Chair Yoga with Linda            1:15 <i>Walk the Distance @ Cos Cob Park</i>            1:30 Italian Class with Luciana</p> 	<p>8 9:15 <i>Meditation with Megan</i>            9:30 Introduction to Drawing with Michelle            10:30 Tai Chi with Bill or Sue            11:15 <i>Mat Strength &amp; Flexibility with Wendy</i>            11:30 <i>Art Masters of Silvermine Program</i>            11:30 Intermediate Drawing with Michelle            12:15 <i>Walk the Distance @ Cos Cob Park</i>            1:00 Knitting Knotch            3:00 NIA Dance with Kristin</p>	<p>9 9:45 Cardio Strength with Linda            10:00 Watercolor Class with Lorraine            10:30 Tai Chi with Bill or Sue            11:30 TANGO with Dardo &amp; Alonso</p>
<p>12 9:15 <i>Meditation with Megan</i>            10:30 Mondays in Motion with Linda            12:45 <i>Stay on your Feet with Wendy</i>            1:30 Zumba LIVE with Wendy</p>	<p>13 9:00 <i>Fit after 50 with Wendy</i>            9:55 Tech Time 1:1            10:00 Advanced Acrylic with Lorraine            10:45 <i>Arthritis Mobility with Tamara</i>            11:00 Tai Chi with Bill or Sue            1:00 Intermediate Acrylic with Lorraine            1:00 <i>Floor Yoga with Jeannie</i>            2:00 <i>Walk the Distance @ Grass Island</i>            2:00 <i>The GREATS Open Mic Event</i></p>	<p>14 10:00 Mahjong            10:00 <i>It's a Matter of Balance with Wendy</i>            10:45 <i>Stretch and Relax with Wendy</i>            12:30 Cardio Strength with Linda            1:15 Chair Yoga with Linda            1:15 <i>Walk the Distance @ Cos Cob Park</i>            1:30 Italian Class with Luciana</p>	<p>15 9:15 <i>Meditation with Megan</i>            9:30 Introduction to Drawing with Michelle            10:30 Tai Chi with Bill or Sue            11:15 <i>Mat Strength &amp; Flexibility with Wendy</i>            11:30 Intermediate Drawing with Michelle            12:15 <i>Walk the Distance @ Cos Cob Park</i>            1:00 Knitting Knotch            3:00 NIA Dance with Kristin</p>	<p>16 9:45 Cardio Strength with Linda            10:00 Watercolor Class with Lorraine            10:30 Tai Chi with Bill or Sue            11:30 TANGO with Dardo &amp; Alonso            1:00 <i>Selections from the Bruce Museum's Galleries: Hockney/Origins</i></p>
<p>19</p> 	<p>20 9:00 <i>Fit after 50 with Wendy</i>            9:55 Tech Time 1:1            10:00 Advanced Acrylic with Lorraine            10:45 <i>Arthritis Mobility with Tamara</i>            11:00 Tai Chi with Bill or Sue            1:00 Intermediate Acrylic with Lorraine            1:00 <i>Floor Yoga with Jeannie</i>            2:00 <i>Walk the Distance @ Grass Island</i>            2:30 <i>Short Stories</i></p>	<p>21 10:00 Mahjong            10:00 <i>It's a Matter of Balance with Wendy</i>            10:45 <i>Stretch and Relax with Wendy</i>            11:30 Blood Pressure Clinic            12:30 Cardio Strength with Linda            1:15 Chair Yoga with Linda            1:15 <i>Walk the Distance @ Cos Cob Park</i>            1:30 Italian Class with Luciana</p>	<p>22 9:15 <i>Meditation with Megan</i>            9:30 Introduction to Drawing with Michelle            10:30 Tai Chi with Bill or Sue            11:15 <i>Mat Strength &amp; Flexibility with Wendy</i>            11:30 Intermediate Drawing with Michelle            12:15 <i>Walk the Distance @ Cos Cob Park</i>            1:00 Knitting Knotch            3:00 NIA Dance with Kristin</p>	<p>23 9:00 Mondays in Motion with Linda (from 1/19)            9:45 Cardio Strength with Linda            10:00 Watercolor Class with Lorraine            10:30 Tai Chi with Bill or Sue            11:30 TANGO with Dardo &amp; Alonso            1:15 <i>Flashback Friday Photo Contest</i></p>
<p>26 9:15 <i>Meditation with Megan</i>            10:30 Mondays in Motion with Linda            11:30 <i>Nutrition for Vitality &amp; Longevity Presentation</i>            12:45 <i>Stay on your Feet with Wendy</i>            1:30 Zumba LIVE with Wendy</p>	<p>27 9:00 <i>Fit after 50 with Wendy</i>            9:55 Tech Time 1:1            10:00 Advanced Acrylic with Lorraine            10:45 <i>Arthritis Mobility with Tamara</i>            11:00 Tai Chi with Bill or Sue            12:30 <i>The Grace Notes A Cappella Group</i>            1:00 Intermediate Acrylic with Lorraine            1:00 <i>Floor Yoga with Jeannie</i>            2:00 <i>Walk the Distance @ Grass Island</i></p>	<p>28 10:00 Mahjong            10:00 <i>It's a Matter of Balance with Wendy</i>            10:45 <i>Stretch and Relax with Wendy</i>            11:30 Blood Pressure Clinic            12:30 Cardio Strength with Linda            1:15 Chair Yoga with Linda            1:15 <i>Walk the Distance @ Cos Cob Park</i>            1:30 Italian Class with Luciana</p> 	<p>29 9:15 <i>Meditation with Megan</i>            9:30 Introduction to Drawing with Michelle            10:30 Tai Chi with Bill or Sue            11:15 <i>Mat Strength &amp; Flexibility with Wendy</i>            11:30 Intermediate Drawing with Michelle            12:15 <i>Walk the Distance @ Cos Cob Park</i>            1:00 Knitting Knotch            3:00 NIA Dance with Kristin</p>	<p>Programs and calendar are subject to change!            Updated 1.26.2024</p>