

Tuesday	Wednesday	Thursday	Friday
3rd 9:30 Chair Exercise 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 "Closed Captioned Phones" presented by Kelly Joyce with CapTel 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*	4th 9:30-12:30 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 11:30 Caregiver Support Group 12:30-4:00 Individual Rotation Duplicate Bridge (experienced)*	5th 9:30 Chair Exercise/10:00 Tai Chi 10:00 Wii Bowling/Canasta! 10:00 Football Trivia 10:00 Mexican Train Dominoes 11:00 Ballroom Basics 11:00 "Stimpod Nerve Therapy" by Zach Engel, DPT of Innovative Physical Therapy 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*	6th 10:00 Mah Jongg 10:30-11:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge (Registration Required)*
10th 9:30 Chair Exercise 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 "Pain Management Therapies" with Dr. Dave Salek, Jax Spine & Pain 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*	11th 9:30-12:30 Acrylic Painting with Instructor Sarah Good 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 12:30-4:00 Individual Rotation Duplicate Bridge (experienced)* 1:00-4:00 Coastal Friends Samba* (private)	12th 9:30 Chair Exercise/10:00 Tai Chi 10:00 Wii Bowling 10:00 Canasta! 11:00 Ballroom Basics 11:00 "Valentine's Day/Birthday Party" With professional vocalist James Cargill 11:30 Hishin Sumi-e Painting* 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*	13th 10:00 Mah Jongg 10:30-11:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge (Registration Required)*
17th 9:30 Chair Exercise 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 "Aging Gracefully" with Inspirational Speaker Dr. Ernie Panza 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*	18th 9:30-12:30 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 12:30-4:00 Individual Rotation Duplicate Bridge (experienced)*	19th 9:30 Chair Exercise/10:00 Tai Chi 10:00 Wii Bowling 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 Ballroom Basics 11:00 "SJC Legal Aid" with Megan Wall 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*	20th 10:00 Mah Jongg 10:30-11:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge (Registration Required)*
24th 9:30 Chair Exercise 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 "Medication Education" hosted by Brooklyn Santiago, Starling at Ponte Vedra 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*	25th 9:30-12:30 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 12:30-4:00 Individual Rotation Duplicate Bridge (experienced)* 1:00-4:00 Coastal Friends Samba* (private)	26th 9:00 Sawgrass Island HOA (private) 9:30 Chair Exercise/10:00 Tai Chi 10:00 Wii Bowling/Canasta! 10:00 Mexican Train Dominoes 10:00 Flower Craft 11:00 Ballroom Basics 11:00 Trivia with a Twist with Nelson Correa-CarePlus 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*	27th 10:00 Mah Jongg 10:30-11:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge (Registration Required)*
Activities do NOT require registration unless indicated otherwise.		IT'S BACK!!! NEW DAYTIME: "BALLROOM BASICS" On THURSDAYS From 11a.m. to 12 p.m. No experience necessary!	***Please don't forget to make your lunch reservations a week in advance, or call to cancel if you're not coming in*** 