

Monday		Tuesday		Wednesday		Thursday		Friday	
2-Feb		3-Feb		4-Feb		5-Feb		6-Feb	
8-10	Coffee	8-10	Coffee	8-10	☐ Coffee	8-10	Coffee	WEAR RED FOR HEART HEALTH	
9-noon	Cards	9-noon	Hand & Foot	9-noon	Cards	9-noon	Hand & Foot	8-10	Coffee
945-1045	Chair Ex-stretch	10-12	Jewelry Repair w/ Eva	10-1030	Drum Circle	945-1045	Chair Volleyball	9-noon	Cards
11-1145	BINGO	1030-1130	Old Time Music		(impromptu)	945-1045	Wii Games	945-1045	Chair Ex-Strength
12-12:30	Lunch		Machine playing for us	11-1145	☐ CORE Seated Exercise	10-1030	Group walking*	11-1145	BINGO
1:30-2:30	Chair Yoga W/ Sefton	12-12:30	Lunch	12-12:30	Lunch	11-1145	Karaoke	12-12:30	Lunch
4-6:30	Memory Café	1-3	Oil Painting#	12:30-4:40	SunShine Center	12-12:30	Lunch	1-3	Oil Painting#
		1:00-4	Open Pool table			1:30-3:30	Mahjong	2:30-4	Open Pool table
9-Feb		10-Feb		11-Feb		12-Feb		13-Feb	
8-10	Coffee	8-10	Coffee	8-10	Coffee	8-10	Coffee	8-10	Coffee
9-noon	Cards	9-noon	Hand & Foot	9-noon	Cards	9-noon	Hand & Foot	9-noon	Cards
945-1045	Chair Ex-stretch	10-12	CRAFTS-	10-1030	Cardio Drumming	945-1045	Chair Volleyball	930-1030	valentine's SWEET
11-1145	BINGO		Seasonal Heart Craft		Seated or standing	945-1045	Wii Games		TREAT
12-12:30	Lunch			11-1145	☐ CORE Seated Exercise	10-1030	Group walking*	945-1045	Chair Ex-Strength
1:30-2:30	Chair Yoga W/ Sefton	10-11	Advisory Council	12-12:30	Lunch	10-12	LIBRARY OUTREACH W/ KARA	11-1145	BINGO
2:30-4	Open Pool table	12-12:30	Lunch	1-2:30	NCC-Valentine	11-1145	Karaoke	12-12:30	Lunch
		1-3	Oil Painting#	Basket Craft		12-12:30	Lunch	1-3	Oil Painting#
		1:00-4	Open Pool table	12:30-4:40	SunShine Center	1:30-3:30	Mahjong	2:30-4	Open Pool table
16-Feb		17-Feb		18-Feb		19-Feb		20-Feb	
8-10	Coffee	8-10	Coffee	8-10	Coffee	8-10	Coffee	8-10	Coffee
9-noon	Cards	9-noon	Hand & Foot	9-noon	Cards	9-noon	Hand & Foot	9-noon	Cards
945-1045	Chair Ex-stretch	10-12	Monthly Movie	10-11	Hands Only CPR	945-1045	Chair Volleyball	945-1045	Chair Ex-Strength
11-1145	BINGO		Matinee		w/ Glenna Crawford -Carolina	945-1045	Wii Games	11-1145	BINGO
12-12:30	Lunch		(Rom/Com)		East Health education Class	10-1030	Group Walking*	12-12:30	Lunch
1:30-2:30	Chair Yoga W/ Sefton	12-12:30	Lunch	11-1145	CORE Seated Exercise	11-1145	Karaoke	1-3	Oil Painting#
2:30-4	Open Pool table	1-3	Oil Painting#	12-12:30	Lunch	12-12:30	Lunch	2:30-4	Open Pool table
		1:00-4	Open Pool table	12:30-4:40	SunShine Center	1:30-3:30	Mahjong		

Monday	Tuesday	Wednesday	Thursday	Friday
23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
8-10 Coffee 9-noon Cards 9:30-10:30 GRIEF SUPPORT 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga W/ Sefton**	8-10 Coffee 9-noon Hand & Foot 10-12 CRAFTS- ceramic tile coasters 12-12:30 Lunch 1-3 Oil Painting# 1:00-4 Open Pool table	8-10 Coffee 9-noon Cards 10-11 Health dept. Monthly health topic 11-1145 CORE Seated Exercise 12-12:30 Lunch 12:30-4:40 SunShine Center	8-10 Coffee 9-noon Hand & Foot 945-1045 Chair Volleyball 945-1045 Wii Games 10-1030 Group walking* 11-1145 Karaoke 12-12:30 Lunch 1:30-3:30 Mahjong	8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting# 2:30-4 Open Pool table

February is:
American Heart Month
Age Related Macular degeneration/Low Vision Awareness
Black History Month
National Cancer Prevention

Highlighting Local History Sources:

Local History Available online for Seniors to read. James City Historical Society info. :

createdequal.omeka.net

also New Bern Historial Society online: newbernhistorical.org/african-american-heritage-trail

Puzzles and Independent Board Games can be played at any time. Ask staff for access

**** Fee Applies (\$3.50 per class or 10 for \$30)**

*** Weather Permitting/Outdoors**

no instructor/must provide own supplies



Craven County Senior Services
252-6381790

February 2026

ccseniorservices.weebly.com

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