

| Mon | | Tue | | Wed | | Thu | | Fri | | |
|--|--------------------|-----------|--|-----------|--|---|--|---|--------------------|---|
| <p style="text-align: center;">February 2019 Golden Age Lunch 12:00 Noon M-F <i>(949) 709-7592</i> Coffee Talk 9:00 - 2:00 M-F</p> | | | | | | | | 1 | | |
| | | | | | | | | 10:00 | Total Body Fitness | |
| | | | | | | | | 12:30 | Friday Flicks | |
| | | | | | | | |  | | |
| 4 | | 5 | | 6 | | 7 | | 8 | | |
| 10:00 | Total Body Fitness | 9:30 | Bocce Ball | 10:00 | Total Body Fitness | 9:30 | Tai Chi | 10:00 | Total Body Fitness | |
| 1:00 | Bingo | 9:30 | Tai Chi | 1:00 | Chess | 12:30 | Golden Age Yoga | 12:30 | Friday Flicks | |
| | | 10:00 | Blood Pressure | | | | |  | | |
| | | 11:30 | Java with Jenn All Things Medicare | | | | | | | |
| 11 | | 12 | | 13 | | 14 | | 15 | | |
| 10:00 | Total Body Fitness | 9:30 | Bocce Ball | 10:00 | Total Body Fitness | 9:30 | Tai Chi | 10:00 | Total Body Fitness | |
| 1:00 | Bingo | 9:30 | Tai Chi | 1:00 | Chess |  | Afternoon Delight Presents: Valentine's Day with Dean | 12:30 | Friday Flicks | |
| | | 9:00 | Silver Sneakers & Humana Question & Answer | | | | | 12:30 | Golden Age Yoga |  |
| | | 10:00 | Blood Pressure | | | | | | | |
| 18 | | 19 | | 20 | | 21 | | 22 | | |
|  | | 9:30 | Bocce Ball | 10:00 | Total Body Fitness | 9:30 | Tai Chi | 10:00 | Total Body Fitness | |
| | | 9:30 | Tai Chi | 1:00 | Chess | 12:30 | Golden Age Yoga | 12:30 | Friday Flicks | |
| | | 10:00 | Blood Pressure | 1:00 | Fasting & Inflammation with MemorialCare | 1:00 | Does Sugar Cause Diabetes with Lisa Gibson |  | | |
| | | | | | | | | | | |
| 25 | | 26 | | 27 | | 28 | | | | |
| 10:00 | Total Body Fitness | 9:30 | Bocce Ball | 10:00 | Total Body Fitness | 9:30 | Tai Chi | | | |
| 1:00 | Bingo | 9:30 | Tai Chi | 1:00 | Chess | 12:30 | Golden Age Yoga | | | |
| | | 10:00 | Blood Pressure | | | | | | | |
| | | 1:00 | Smartphone with MemorialCare | | | | | | | |