

# FEBRUARY 2026 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  Sunday Supper 3:00 – 7:00 PM	2  Clubhouse Closed	3	4	5	6	7  Fried Chicken Night 5:00 – 8:00 PM
8  Brunch 10:30 AM – 1:00 PM	9  Clubhouse Closed	10	11	12  Members Only 5:30 PM  Kids Club	13  Galentine's Paint & Sip 5:00 PM	14  Valentine's Dinner 5:00 PM
15  Clubhouse Closed	16  Clubhouse Closed	17  Clubhouse Closed	18  Clubhouse Closed	19  Limited Dinner Service 4:30 – 8:00 PM	20  Limited Dinner Service 4:30 – 8:00 PM  Double Bubble 4:30 – 8:00 PM	21  Limited Dinner Service 4:30 – 8:00 PM
22  Clubhouse Closed	23  Clubhouse Closed	24  Clubhouse Closed	25  Clubhouse Closed	26  Limited Dinner Service 4:30 – 8:00 PM  Euchre Night in the Pub 5:30 PM	27  Limited Dinner Service 4:30 – 8:00 PM  Double Bubble 4:30 – 8:00 PM	28  Limited Dinner Service 4:30 – 8:00 PM

## ANNUAL SHUTDOWN

Sunday, February 15<sup>th</sup> -  
Monday, March, 16<sup>th</sup>

## LIMITED DINNER SERVICE

Thursday - Saturday  
4:30 - 8:00 PM

## SUNDAY SUPPER

February 1<sup>st</sup>  
3:00 - 7:00 PM

# FEBRUARY 2026 WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Yoga Classes are one hour. All other classes are 45 minutes.</i>						
8:00 AM		Functional Training		Functional Training		
9:00 AM	Functional Training	Living Strong	Functional Training	Living Strong		Living Strong
10:00 AM				Tai Chi		
11:00 AM	Chair Yoga	Chair Strength	Yoga	Chair Strength	Chair Yoga	
5:30 PM	Dance Fitness	Dance Fitness				

## CLASS DESCRIPTIONS

**FUNCTIONAL TRAINING** - You will be using all varieties of fitness equipment and your own bodyweight in this class. This class is as little or as much as you want it to be. It will complement your current workouts.

**TAI CHI** - Tai Chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life. Tai Chi consists of slow, fluid, gentle movements. Breathing is slow, relaxed and deep to aid concentration. Tai Chi can be done almost anywhere and is suitable for individuals of all fitness levels. It is often referred to as meditation in motion.

**YOGA** - a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

**CHAIR YOGA** - Great for all levels. Rehabbing an injury? Needing more stability while exercising? Can't get down on the floor for exercises? This class can be as little or as much as you want it to be. Using dumbbells, bands, physiotherapy, balls etc.

**LIVING STRONG** - Lose weight, maintain your current level of fitness, or gain strength and increase your level of fitness. We will be working with all our fun equipment to achieve your fitness goals. Come prepared to work hard and have some fun!

**DANCE FITNESS** - let's get your body moving to some great music. The weight loss is just an added bonus.

**PERSONAL TRAINING** with Sara! Meet with Sara to go over your wellness goals and needs. She will work with you privately or grab a couple friends for a small group sessions!

*\*Schedule subject to change\**