

**Colonial Heights Senior Center**

**February 2026**

**157 Roanoke Ave**

**(804) 520-9220**

	Mon	Tue	Wed	Thu	Fri	Sat
	2 8:30 Muscles in Motion 9:30 Tai Chi @Library 9:30 Bowling (off-site) 9:45 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 - 3:00 Pinochle 1:00 Chair Volleyball	3 8:30 Drum Fit 9:00 Tap Dancing @AL 9:45 Gentle Yoga 11:00 Sit & Fit 12.00 - 12:30 Meditation 12:00 Lunch \$ 1:00 - 2:00 Bingo 2:00 - 2:45 Game Time 3:00 Sewing	4 8:30 Muscles in Motion 8:30 Crochet & Knitting 9:45 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge 1:00 Dominos	5 9:00 Beginner Line Dancing @ St. Anns 9:45 Chair Yoga 11:00 Sit & Fit 12:00 Lunch \$ 1:15 Senior Club 1:30 Open Paint	6 8:30 Walk this Weigh 9:45 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Scrabble 1:00 Mahjong	7
8	9 8:30 Muscles in Motion 9:30 Tai Chi @ Library 9:30 Bowling (off-site) 9:45 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00-3:00 Pinochle 1:00 Chair Volleyball	10 8:30 Drum Fit 9:00 Tap Dancing @AL 9:45 Gentle Yoga 11:00 Sit & Fit 12:00-12:30 Meditation. 12:00 Lunch \$ 1:00 - 2:00 Bingo 2:00 - 2:45 Game Time 3:00 Sewing	11 8:30 Muscles in Motion 8:30 Crochet & Knitting 9:45 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 L&L Tyler's Retreat 12:30 Bridge 1:00 Dominos	12 9:00 Beginner Line Dancing @ St. Anns 9:45 Chair Yoga 11:00 Sit & Fit 12:00 Lunch \$ 1:15 Senior Club 1:30 Open Paint	13 8:30 Walk this Weigh 9:45 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Scrabble 1:00 Mahjong	14
15	16 	17 8:30 Drum Fit 9:00 Tap Dancing @AL 9:45 Gentle Yoga 11:00 Sit & Fit 12:00 - 12:30 Meditation 12:00 Lunch \$ 1:00 - 2:00 Bingo 2:00 - 2:45 Game Time 3:00 Sewing	18 8:30 Muscles in Motion 8:30 Crochet & Knitting 9:45 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge 1:00 Dominos	19 9:00 Beginner Line Dancing @ St. Anns 9:45 Chair Yoga 11:00 Sit & Fit 12:00 Lunch \$ 1:15 Senior Club 1:30 Open Paint	20 8:30 Walk this Weigh 9:45 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Scrabble 1:00 Mahjong	21
22	23 8:30 Muscles in Motion 9:30 Tai Chi @Library 9:30 Bowling (off-site) 9:45 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00-3:00 Pinochle 1:00 Chair Volleyball	24 8:30 Drum Fit 9:00 Tap Dancing @ AL 9:45 Restorative Yoga 11:00 Sit & Fit) 12:00 - 12:30 Meditation 12:00 Lunch \$ 1:00 - 2:00 Bingo 2:00-2:45 Game Time 3:00 Quilts for Vets	25 8:30 Muscles in Motion 8:30 Crochet & Knitting 9:45 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 Tech Heads 12:30 Bridge 1:00 Dominos	26 9:00 Beginner Line Dancing @ St. Anns 9:45 Restorative Chair Yoga 11:00 Sit & Fit 11:30 Sr. Club @ GC NO Lunch 1:30 Open Paint	27 8:30 Walk this Weigh 9:45 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Scrabble 1:00 NO Mahjong	
			<b>Game Time</b> <b>2/3 Toss Across</b> <b>2/10 Valentine Jeopardy</b> <b>2/17 Bunco</b> <b>2/24 Board Games</b>	 <b>Happy Valentine's Day!</b>  <b>Thank you for your service, your sacrifice, and your commitment to our country.</b>  <i>With gratitude and appreciation on every holiday and all throughout the year!</i>		

## NOTICE OF SCHEDULE CHANGES

**Please note that effective February 2026, schedule changes have been implemented and are reflected on this month's calendar.**

**Please refer to this calendar for current times and activities.**

### Exercise Class Description:

**Balance:** This class focuses on balance. Bring your weights. Beginner to advanced.

**Drum Fit 45:** In this instructional 45 minute class you will learn the basic moves of cardio drumming.

**Gentle Yoga:** Hatha yoga that is not so flowing and bypasses the various traditions of yoga and geared toward the senior population. This is an introductory class. Bring your mat.

**Line Dancing:** Foster a love of movement with this fun and energetic class. Learn choreographed ballroom style dance moves.

**Meditation:** This basic meditation class includes sitting and walking. Leader will discuss methods, benefits & traditions of meditation.

**Muscles in Motion:** Combine cardio, functional resistance, balance and range of motion. Most advanced exercise class. Bring your weights.

**Restorative Yoga:** Type of yoga that allows for restful postures and gentle stretches. Bring your mat.

**Sit & Fit:** Chair exercise that will improve health and wellness. Half of class is standing, using a chair as support and other half is sitting. Great beginner class. Bring your resistance band.

**Strength & Stretch:** Minimal cardio. Build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility using dumbbells working every muscle in every angle. Intermediate to advanced. Bring your weights.

**Yoga Core:** This 45 minute class focuses on strengthening your core and is primarily mat based. Beginner to intermediate. Bring your mat.

**Yoga Warrior:** This class is designed around the warrior poses and focuses on improving strength, flexibility and range of motion. Beginner to intermediate. Bring your mat.

**Walk This Weigh:** Indoor walking workout. Bring your weights

**Water Aerobics:** 60 minute class offering a full body workout that is easy on the joints. (\$)

**Unless otherwise noted, each class lasts for approximately 45 minutes.**

### Senior Club

**February 5th**

**Music by Stoney**

**February 12th**

**Bingo, Birthdays & 50/50**

**February 19th**

**Valentine Celebration w/ Pizza**

**February 26th**

**Golden Corral @ 11:30am**

