

# February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 – Groundhog Day	3	4	5	6	7
11:00am Protestant Service, <b>CBB</b> 11:30am Sunday Brunch, <b>BI</b> 2:00pm Ping-Pong, <b>SD</b>	8:45am Water Exercise A, <b>P</b> 9:00am Pickle Ball, <b>SP</b> 9:30am Water Exercise B, <b>P</b> 10:00am Fitness Class, <b>SD/TV</b> 10:30am Bus to Safeway, <b>LO</b> 12:00pm Pool Volleyball, <b>P</b> 1:00pm Bridge, <b>CBL</b> 1:00pm Motion is Lotion, <b>SD</b> 2:00pm Tai Chi Class, <b>SD</b> 3:00pm Ecumenical Discussions, <b>CBB</b>	9:00am Men's Fellowship Breakfast, <b>BI</b> 10:30am Painting Workshop, <b>CBA</b> 10:30am Bus to Giant, <b>LO</b> 12:00pm Advanced Painting, <b>CBA</b> 1:00pm Bus to Fair Lakes, <b>LO</b> 1:00pm The Needlers, <b>FR</b> 2:00pm Advanced Photo, <b>CBA</b> 2:00pm Balance & Gait, <b>SD</b> 2:00pm Health & Wellness Talk, <b>CBB</b> 5:00pm Happy Hour & Trivia, <b>CBB</b>	9:00am Pickle Ball, <b>SP</b> 9:00am Pool Volleyball, <b>P</b> 10:00am Beginner Painting, <b>CBA</b> 10:00am Fitness Class, <b>SD/TV</b> 10:30am Bus to Trader Joe's, <b>LO</b> 12:00pm Drawing, <b>CBA</b> 1:00pm Bridge, <b>CBL</b> 1:00pm Line Dancing w/ Grace, <b>SD</b> 2:00pm Intermediate Photography, <b>CBA</b>	8:45am Water Exercise A, <b>P</b> 9:30am Bus to Ft. Myer, <b>LO</b> 9:30am Water Exercise B, <b>P</b> 10:00am Beginner Painting, <b>CBA</b> 10:15am Drum Circle, <b>B</b> 12:00pm Beginner Photo, <b>CBA</b> 1:00pm CARE Update, <b>B</b> 1:00pm Yoga, <b>SD</b> 1:30pm Bus to Ft. Myer, <b>LO</b> 2:00pm Balance & Gait, <b>SD</b>	9:00am Pickle Ball, <b>SP</b> 10:00am Women's Bible Study, <b>WORL</b> 10:00am Get Fit Stay Fit Class, <b>SD</b> 10:15am Kidstretch Drum Circle, <b>B</b> 10:30am Bus to Safeway, <b>LO</b> 11:00am Tech Class, <b>CBB</b> 2:00pm Pool Volleyball, <b>P</b> 2:00pm Tai Chi Class, <b>SD</b>	10:30am Bus to Giant, <b>LO</b> 11:00am Zumba Gold, <b>SD</b> 1:00pm Cribbage, <b>CBL</b> 4:30pm Catholic Mass, <b>CBB</b> 7:00pm Movie Night, <b>CBB</b>
8	9	10	11	12	13	14 – Valentine's Day
11:00am Protestant Service, <b>CBB</b> 2:00pm Ping-Pong, <b>SD</b>	8:45am Water Exercise A, <b>P</b> 9:00am Pickle Ball, <b>SP</b> 9:30am Water Exercise B, <b>P</b> 10:00am Fitness Class, <b>SD/TV</b> 10:30am Bus to Safeway, <b>LO</b> 12:00pm Pool Volleyball, <b>P</b> 1:00pm Bus to National Portrait Gallery, <b>LO</b> 1:00pm Bridge, <b>CBL</b> 1:00pm Motion is Lotion, <b>SD</b> 2:00pm Women's Book Club, <b>MPR</b> 2:00pm Tai Chi Class, <b>SD</b>	10:30am Bus to Wegmans, <b>LO</b> 12:00pm Advanced Painting, <b>CBA</b> 1:00pm The Needlers, <b>FR</b> 2:00pm Advanced Photo, <b>CBA</b> 2:00pm Balance & Gait, <b>SD</b> 3:00pm Birthday Tea, <b>B</b>	9:00am Pickle Ball, <b>SP</b> 9:00am Pool Volleyball, <b>P</b> 10:00am Beginner Painting, <b>CBA</b> 10:00am Fitness Class, <b>SD/TV</b> 10:30am Bus to Trader Joe's, <b>LO</b> 12:00pm Drawing, <b>CBA</b> 1:00pm Bridge, <b>CBL</b> 1:00pm Line Dance with Grace, <b>SD</b> 2:00pm Intermediate Photography, <b>CBA</b>	8:45am Water Exercise A, <b>P</b> 9:30am Bus to Ft. Myer, <b>LO</b> 9:30am Water Exercise B, <b>P</b> 10:00am Beginner Painting, <b>CBA</b> 11:00am Town Hall, <b>B</b> 12:00pm Beginner Photo, <b>CBA</b> 1:00pm CARE Update, <b>B</b> 1:00pm Yoga, <b>SD</b> 1:30pm Bus to Ft. Myer, <b>LO</b> 2:00pm Balance & Gait, <b>SD</b> 3:00pm Mindfulness, <b>SD</b>	9:00am Pickle Ball, <b>SP</b> 10:00am Get Fit Stay Fit Class, <b>SD</b> 10:30am Bus to Safeway, <b>LO</b> 11:30am Eating Well=Aging Well, <b>CBB</b> 2:00pm Pool Volleyball, <b>P</b> 2:00pm Tai Chi Class, <b>SD</b>	10:30am Bus to Giant, <b>LO</b> 11:00am Zumba Gold, <b>SD</b> 1:00pm Cribbage, <b>CBL</b> 4:30pm Catholic Mass, <b>CBB</b> 5:00pm Les Zazous Duo, <b>BI</b> 7:00pm Movie Night, <b>CBB</b>
15	16 – Presidents' Day	17 – Lunar New Year	18 – Ash Wednesday	19	20	21
11:00am Protestant Service, <b>CBB</b> 11:30am Sunday Brunch, <b>BI</b> 2:00pm Ping-Pong, <b>SD</b> 2:00pm Caregiver Support Group, <b>HRC</b> 2:00pm Tai Chi Class, <b>SD</b>	9:00am Pickle Ball, <b>SP</b> 10:30am Bus to Safeway, <b>LO</b> 1:00pm Bridge, <b>CBL</b> 1:00pm Motion is Lotion, <b>SD</b> 2:00pm Advanced Photo, <b>CBA</b> 2:00pm Balance & Gait, <b>SD</b> 5:00pm Happy Hour & Trivia, <b>CBB</b>	9:00am Women's Fellowship Breakfast, <b>BI</b> 10:30am Photo Workshop, <b>CBA</b> 10:30am Bus to Giant, <b>LO</b> 11:00am IT Portal Class, <b>CBB</b> 12:00pm Advanced Painting, <b>CBA</b> 1:00pm The Needlers, <b>FR</b> 2:00pm Advanced Photo, <b>CBA</b> 2:00pm Balance & Gait, <b>SD</b> 5:00pm Happy Hour & Trivia, <b>CBB</b>	9:00am Women's Fellowship Breakfast, <b>BI</b> 10:00am Beginner Painting, <b>CBA</b> 10:00am Distribution of Ashes, <b>CBB</b> 10:00am Fitness Class, <b>SD/TV</b> 10:30am Bus to Trader Joe's, <b>LO</b> 12:00pm Drawing, <b>CBA</b> 1:00pm Bridge, <b>CBL</b> 2:00pm Intermediate Photography, <b>CBA</b>	8:45am Water Exercise A, <b>P</b> 9:30am Bus to Ft. Myer, <b>LO</b> 9:30am Water Exercise B, <b>P</b> 10:00am Beginner Painting, <b>CBA</b> 12:00pm Beginner Photo, <b>CBA</b> 1:00pm CARE Update, <b>CBB</b> 1:00pm Yoga, <b>SD</b> 1:30pm Bus to Ft. Myer, <b>LO</b> 2:00pm Balance & Gait, <b>SD</b>	9:00am Pickle Ball, <b>SP</b> 10:00am Women's Bible Study, <b>WORL</b> 10:00am Get Fit Stay Fit Class, <b>SD</b> 10:30am Bus to National Gallery of Art, <b>LO</b> 10:30am Bus to Safeway, <b>LO</b> 11:00am Tech Class, <b>CBB</b> 1:30pm Bus Lidl, <b>LO</b> 2:00pm Pool Volleyball, <b>P</b> 2:00pm Tai Chi Class, <b>SD</b> 6:15pm Third Friday Bridge, <b>CBB</b>	10:30am Bus to Giant, <b>LO</b> 11:00am Zumba Gold, <b>SD</b> 1:00pm Cribbage, <b>CBL</b> 4:30pm Catholic Mass, <b>CBB</b> 7:00pm Movie Night, <b>CBB</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
<b>11:00am</b> Protestant Communion Service, <b>CBB</b> <b>2:00pm</b> Ping-Pong, <b>SD</b>	<b>8:45am</b> Water Exercise A, <b>P</b> <b>9:00am</b> Pickle Ball, <b>SP</b> <b>9:30am</b> Water Exercise B, <b>P</b> <b>10:00am</b> Fitness Class, <b>SD/TV</b> <b>10:30am</b> Bus to Safeway, <b>LO</b> <b>12:00pm</b> Pool Volleyball, <b>P</b> <b>1:00pm</b> Bridge, <b>CBL</b> <b>1:00pm</b> Motion is Lotion, <b>SD</b> <b>2:00pm</b> Tai Chi Class, <b>SD</b>	<b>10:30am</b> Bus to Giant, <b>LO</b> <b>11:30am</b> American Legion Luncheon, <b>BI</b> <b>12:00pm</b> Advanced Painting, <b>CBA</b> <b>1:00pm</b> Bus to Tysons Mall, <b>LO</b> <b>1:00pm</b> The Needlers, <b>FR</b> <b>2:00pm</b> Advanced Photo, <b>CBA</b> <b>2:00pm</b> Balance & Gait, <b>SD</b>	<b>9:00am</b> Pickle Ball, <b>SP</b> <b>9:00am</b> Pool Volleyball, <b>P</b> <b>10:00am</b> Beginner Painting, <b>CBA</b> <b>10:00am</b> Fitness Class, <b>SD/TV</b> <b>10:30am</b> Bus to Trader Joe's, <b>LO</b> <b>12:00pm</b> Drawing, <b>CBA</b> <b>1:00pm</b> Bridge, <b>CBL</b> <b>2:00pm</b> Intermediate Photography, <b>CBA</b> <b>3:00pm</b> Hot Cocoa/Ice Cream Social, <b>HHL</b>	<b>8:45am</b> Water Exercise A, <b>P</b> <b>9:30am</b> Bus to Ft. Myer, <b>LO</b> <b>9:30am</b> Water Exercise B, <b>P</b> <b>10:00am</b> Beginner Painting, <b>CBA</b> <b>11:00am</b> Residents Association Meeting, <b>B</b> <b>12:00pm</b> Beginner Photo, <b>CBA</b> <b>1:00pm</b> CARE Update, <b>B</b> <b>1:00pm</b> Yoga, <b>SD</b> <b>1:30pm</b> Bus to Ft. Myer, <b>LO</b> <b>2:00pm</b> Balance & Gait, <b>SD</b>	<b>9:00am</b> Pickle Ball, <b>SP</b> <b>10:00am</b> Get Fit Stay Fit Class, <b>SD</b> <b>10:30am</b> Bus to Safeway, <b>LO</b> <b>2:00pm</b> Pool Volleyball, <b>P</b> <b>2:00pm</b> Tai Chi Class, <b>SD</b>	<b>10:30am</b> Bus to Giant, <b>LO</b> <b>11:00am</b> Zumba Gold, <b>SD</b> <b>1:00pm</b> Cribbage, <b>CBL</b> <b>4:30pm</b> Catholic Mass, <b>CBB</b> <b>7:00pm</b> Movie Night, <b>CBB</b>
<b>COMMITTEE MEETINGS</b>	<b>COMMITTEE MEETINGS</b>		<b>NAVY FEDERAL CREDIT UNION</b>	<b>MEETING PLACES</b>	<b>MEETING PLACES</b>	<b>DIMENSIONS OF WELLNESS</b>
Feb 3, 11:15am, Health & Wellness Committee Meeting, <b>CBB</b> Feb 9, 3:00pm, Visual Arts Committee Meeting, <b>CBA</b> Feb 13, 10:30am, Resident Marketing Committee, <b>HRC</b> Feb 13, 11:45am, Operations Committee Meeting, <b>MPR</b>	Feb 17, 1:00pm, Dining Committee Meeting, <b>CBRR</b> Feb 19, 10:00am, Executive Committee Meeting, <b>CBB</b> Feb 25, 10:30am, Finance Committee Meeting, <b>CBB</b> Feb 27, 3:15pm, IT Committee Meeting, <b>CBB</b>		 Upcoming visits February 4 <sup>th</sup> & 18 <sup>th</sup> 9:30-11:30am HR Conference Room	<b>TV</b> - TV <b>CBB</b> - CB Boardroom <b>BI</b> - Bistro <b>SD</b> - Studio D <b>FC</b> - Fitness Center <b>P</b> - Pool <b>SP</b> - Sports Park <b>SD/TV</b> - Studio D & TV <b>LO</b> - HH & WO Lobby <b>CBL</b> - CB 2nd Floor Lounge <b>CBRR</b> - CB Reading Room	<b>CBA</b> - CB Art Center <b>FR</b> - Fireplace Room <b>B</b> - Kathy Martin Ballroom <b>WORL</b> - Willow Oak Residents Lounge <b>HRC</b> - HR Conference Room <b>MPR</b> - ABP Multi-Purpose Room <b>HHL</b> - HH Lobby	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful