

February 2026



Rebeca Sosa Park



WINTER

Monday	Tuesday	Wednesday	Thursday	Friday
2 Game Room: 8am-1 pm Stretching/Mobility: Estiramiento y movilidad 10:30-11:15 Knitting: 1:00 pm Lunch: 11:30 am-1: pm	3 Game Room: 8am - 1pm Chair/ejercicio de silla: 9:30-10:30 Zumba: 10:30-11:30 Art & craft: 1:00 pm Lunch: 11:30 am-1: pm	4 Game Room: 8am-1 pm Stretching/Mobility: Estiramiento y movilidad 10:30-11:15 Knitting: 1:00 pm Lunch: 11:30 am-1: pm	5 Game Room: 8am - 1pm Chair/ejercicio de silla: 9:30-10:30 Zumba: 10:30-11:30 Art & craft 1:00 pm Lunch: 11:30 am-1: pm	6 Game Room: 8 am - 1pm Gardening : jardinería 9 am - 11 am Lunch: 11:30 am-1: pm
9 Game Room: 8am-1 pm Stretching/Mobility: Estiramiento y movilidad 10:30-11:15 Knitting: 1:pm Lunch: 11:30 am-1: pm	10 Game Room: 8am - 1pm Chair/ejercicio de silla: 9:30-10:30 Zumba: 10:30-11:30 Art & craft: 1:00 pm Lunch: 11:30 am-1: pm	11 Game Room: 8am-1 pm Stretching/Mobility: Estiramiento y movilidad 10:30-11:15 Knitting: 1:00 pm Lunch: 11:30 am-1: pm	12 Game Room: 8am - 1pm Chair: ejercicio de silla: 9:30-10:30 Zumba: 10:30-11:30 Art & craft 1:00 pm Lunch: 11:30 am-1: pm	20 Game Room: 8 am - 1pm Gardening : jardinería 9 am - 11 am Lunch: 11:30 am-1: pm
16 Holiday Cerrado	17 Game Room: 8am - 1pm Chair/ejercicio de silla: 9:30-10:30 Zumba: 10:30-11:30 Art & craft: 1:00 pm Lunch: 11:30 am-1: pm	18 Game Room: 8am-1 pm Stretching/Mobility: Estiramiento y movilidad 10:30-11:15 Knitting: 1:00 pm Lunch: 11:30 am-1: pm	19 Game Room: 8am - 1pm Chair: ejercicio de silla: 9:30-10:30 Zumba: 10:30-11:30 Art & craft 1:00 pm Lunch: 11:30 am-1: pm	
23 Game Room: 8am-1 pm Stretching/Mobility: Estiramiento y movilidad 10:30-11:15 Knitting: 1:00 pm Lunch: 11:30 am-1: pm	24 Game Room: 8am - 1pm Chair/ejercicio de silla: 9:30-10:30 Zumba: 10:30-11:30 Art & craft: 1:00 pm Lunch: 11:30 am-1: pm	25 Game Room: 8am-1 pm Stretching/Mobility: Estiramiento y movilidad 10:30-11:15 Knitting: 1:00 pm Lunch: 11:30 am-1: pm	26 Game Room: 8am - 1pm Chair: ejercicio de silla: 9:30-10:30 Zumba: 10:30-11:30 Art & craft 1:00 pm Lunch: 11:30 am-1: pm	27 Game Room: 8 am - 1pm Gardening : jardinería 9 am - 11 am Lunch: 11:30 am-1: pm



Notes

Daily activities /actividades diarias:Domino ,Chess-card, Stretching,Mobility/Estiramiento y movilidad-Chair,ejercicio de silla Zumba , Knitting, Gardening, Arts&Craft, computer classes .



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