

Rochester Senior Activity Center February 2024

Rec.rochesternh.gov - 603-332-4120 - Like us on Facebook and Instagram

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
28-Jan	29-Jan	30-Jan	31-Jan	1	2	3
	Conf Rm 2: Quilting & Crafting 9-12pm Mah Jongg Free Play 1pm-3pm Conf Rm 1A: Iyengar Yoga 6pm-7pm Arena: Cardio Drumming 11am-12pm	Conf Rm 2: Veterans' Time 9-12pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	Conf Rm 1A: Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Kundalini Yoga 6pm-7:30pm	Conf Rm 1: Tech Support 9:30am-11:30am Cribbage for Seniors 1pm-3pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	Conf Rm 1: Mobility 10am-10:30am Game Day 1pm Arena: Zumba Gold 11am-12pm	
4	5	6	7	8	9	10
	Conf Rm 2: Quilting & Crafting 9-12pm Mah Jongg Free Play 1pm-3pm Conf Rm 1A: Iyengar Yoga 6pm-7pm Arena: Cardio Drumming 11am-12pm	Conf Rm 2: Veterans' Time 9-12pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	Conf Rm 1A: Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Kundalini Yoga 6pm-7:30pm	Conf Rm 1: Tech Support 9:30am-11:30am Cribbage for Seniors 1pm-3pm Conf Rm 2: Foot clinic 11am-12pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	Conf Rm 1A: Mobility 10am-10:30am Conf Rm 1: Game Day 1pm Arena: Zumba Gold 11am-12pm	
11	12	13	14	15	16	17
	Conf Rm 2: Quilting & Crafting 9-12pm Mah Jongg Free Play 1pm-3pm Conf Rm 1A: Iyengar Yoga 6pm-7pm Arena: Cardio Drumming 11am-12pm	Conf Rm 2: Veterans' Time 9-12pm	Conf Rm 1A: Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Kundalini Yoga 6pm-7:30pm	Conf Rm 2: Tech Support 9:30am-11:30am Cribbage for Seniors 1pm-3pm	Conf Rm 1: Mobility 10am-10:30am Game Day 1pm Arena: Zumba Gold 11am-12pm Senior Breakfast TBD	
18	19	20	21	22	23	24
	CLOSED	RSAC: Drop In Hours 9am-12pm Veterans' Time 9-12pm Bingo 1pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	Senior Trip: Golden Corral RSAC: Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Kundalini Yoga 6pm-7:30pm	RSAC: Drop-in Hours 9am-12pm Tech Support 9:30am-11:30am Cribbage for Seniors 1pm-3pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Drop-in Hours 9am-11am Mobility 10am-10:30am Game Day 1pm Arena: Zumba Gold 11am-12pm	
25	26	27	28	29	1-Mar	2-Mar
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