



Febr uar y 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 YOGA 12:30PM 1701 Peaceful Meadows STE A4	3 <small>*If you register for the 1-mile walk at the airport, you can now complete the walk at Walk Club and receive recognition.</small> Walking Club 11AM Runway 1 Mile Walk Mall Del Norte Cinemark Entrance	4 Art Class 1:00PM San Martin de Porres Room 4	5 Healthy Heart Fair 8am Doctor's Hospital 10700 McPherson Road Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	6 Luncheon 11:30AM Laredo Medical Center 1700 E Saunders St	7 LMC Wellness Fair 7:30AM-10:30AM 1700 E Saunders St
9 Monthly Meeting 6PM San Martin de Porres Family Life Center	10 Walking Club 11AM Mall Del Norte Cinemark Entrance	11 Art Class 1:00PM San Martin de Porres Room 4	12 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	13 Kendra Scott Valentines Day Fundrasier 5PM-7PM Mall Del Norte	14
16 YOGA 12:30PM 1701 Peaceful Meadows STE A4	17 Walking Club 11AM Mall Del Norte Cinemark Entrance	18 Art Class 1:00PM San Martin de Porres Room 4	19 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	20 Luncheon 11:30AM Laredo Medical Center 1700 E Saunders St	21
23 YOGA 12:30PM 1701 Peaceful Meadows STE A4 Tardiada de Platica 6PM San Martin de Porres Caregivers Meeting 6PM San Martin de Porres	24 Walking Club 11AM Mall Del Norte Cinemark Entrance Unit 114	25 Art Class 1:00PM San Martin de Porres Room 4	26 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	27 Basketball 1PM Haynes Rec Center 2102 Clarks Crossing Drive	28

*If you have any question please call Karla at (956)775-5774 or Lorren (956)775-6706
Schedule is subject to change