



# February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Exercise &amp; Strengthening 11AM</b> 1605 Del Mar Blvd Unit 114	2 <b>Water Cycling 11AM</b> Inner City Pool	3 <b>LMC Wellness Fair</b> 7:30AM-10:30AM 1700 E Saunders St
5 <b>Walking Club 9AM</b> Mall Del Norte Cinemark Entrance	6 <b>Decompression 10:30AM</b> Haynes Recreation Center	7 <b>Art Class 1:00PM</b> San Martin de Porres Room 4	8 <b>Exercise &amp; Strengthening 11AM</b> 1605 Del Mar Blvd Unit 114	9 <b>Tardiada de Platica 1PM</b> San Martin de Porres Room 4	10
12 <b>Monthly Meeting 7PM</b> San Martin de Porres Family Life Center	13 <b>Tennis Class 8:30AM</b> Market Courts	14 <b>Art Class 1:00PM</b> San Martin de Porres Room 4	15 <b>Exercise &amp; Strengthening 11AM</b> 1605 Del Mar Blvd Unit 114	16 <b>Water Cycling 11AM</b> Inner City Pool	17
19 <b>Fut-Work Class 12PM</b> Haynes Recreation Center	20 <b>Tennis Class 8:30AM</b> Market Courts	21 <b>Art Class 1:00PM</b> San Martin de Porres Room 4	22 <b>Exercise &amp; Strengthening 11AM</b> 1605 Del Mar Blvd Unit 114	23 <b>Water Cycling 11AM</b> Inner City Pool	24
26 <b>Tardiada de Platica 6PM</b> San Martin de Porres <b>Caregivers Meeting 6PM</b> San Martin de Porres	27 <b>Tennis Class 8:30AM</b> Market Courts	28 <b>Art Class 1:00PM</b> San Martin de Porres Room 4			

**\*If you have any question please call Karla at 956-775-5774  
Schedule is subject to change**