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February 2026

Monday	Tues.	Wednesday	Thurs.	Friday	Sat.	Sun.
<u>Save The Dates:</u> Mon. Mar. 16th – Free Stew Luncheon & St. Patty's Party						1
2 9:00 – Coffee and Chat 10:00 – VON Exercise 11:00 – Book Club 1:00 – BINGO	3	4 9:00 – Coffee and Chat 9:00 – Artsy Wednesday 10:00 – Knitting/Crochet Club	5	6 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Community Kitchen (\$10)	7	8
9 9:00 – Coffee and Chat 10:00 – VON Exercise 12:00 – Tiffany in Meeting 1:00 – Kenron Olympics	10	11 9:00 – Coffee and Chat 10:00– Planning Meeting	12	13 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Chiropractor Guest Speaker <i>*Last day for Good Food Box Payment*</i>	14	15
16 NO OASIS - Family Day Holiday	17	18 9:00 – Coffee and Chat 9:30 – Free Pancake Breakfast and Blood Pressure Clinic	19	20 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:15 – Community Kitchen (\$10)	21	22
23 9:00 – Coffee and Chat 10:00 – VON Exercise 12:00 – Potluck Lunch 1:15 – BINGO	24 Good Food Pickup 2-3 Kenron Rec Hall Parking Lot	25 9:00 – Coffee and Chat & February birthday celebrations 10:00 – Seated Band Workout 10:30 – Standing Exercise	26	27 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Painting Canvas Tutorial		



NEW

Book Club

Book lover's Unite! Read a book or even a few chapters to meet with us monthly to discuss your thoughts, feelings or those questions that have left your pondering. We have chosen to read our own books for the time being and share our interests with the group. New members always welcome to drop in!

Artsy Wednesday

Are you feeling artsy and just can't find the time at home to express yourself. Have you been looking to share or learn new artistic strategies with a group of like-minded people?! This is your one stop shop to bring your creativity to life while enjoying the company of a great group of people. Pop in the first Wednesday of the month to let your artistic side shine!

Kenron Olympics

Do you think you have what it takes to be our Kenron Olympian?! Gather with us to compete in some minute-to-win-it Olympic style games or just join the fun by watching as its sure to provide a laugh!!

Good Food Box

\$5 – Fruit Bag

\$10 – Vegetable Box

Payment by Feb. 13th 12pm

Pickup Feb. 24th 2-3pm –
Kenron Rec Hall Parking Lot

Chiropractic Guest Speaker

“More Life in Every Step”

One of Belleville's most experienced chiropractors, Dr. Stephen Lippitt, has been caring for families of all ages since 1996. Joins us to learn How to move freely, stay balanced, protect your independence, and keep doing what you love—without pain holding you back!

Free Pancake Breakfast and Blood Pressure Clinic

Bring your appetites for our free pancake breakfast!

Volunteers are welcome to come in at **8:30** to help make the pancakes. Breakfast will be served at **9:30**.

Katrina and her team will be back to provide a free blood pressure clinic as well!

Painting Canvas Tutorial

Let your creativity shine!! Join us for a painting tutorial where all supplies are provided for free and leave with your newest artist piece!

Community Kitchen

Fri. Feb. 6th – Spaghetti, Garden Sald, Garlic Bread & Lemon Tarts

Fri. Feb 20th – Chicken Parm, Garlic Mashed, Carrots & Dessert

PROGRAMS