

FEBRUARY 2026

# SENIOR ACTIVITIES

## Exercise

Join us for chair yoga on Mondays and Thursdays at 10:00 AM. Also on Thursdays the YMCA host Silver Sneakers at 9:00 AM.

## Breakfast

Our buffet style breakfast is served on Tuesdays at 8:00 AM. Our friends from the DAV will be join us on the first Tuesday of each month.

## Birthday Party

Join us for a birthday party on Wednesday, February 4<sup>th</sup> at 1:00 PM. We will have cake, ice cream, and other snacks and celebrate our honorees.

## Mardi Gras Ball

On Wednesday, February 11<sup>th</sup> at 12:00 PM we will be hosting a Mardi Gras Ball at the Civic Center. This event is ticket only and you must sign up so we can get an accurate food count. We will be serving Jambalaya, Green Beans, Bread, King Cake and drinks.

## Lunch Trip

This month we are heading to Foley to try The Hotel Magnolia. Be sure to sign up or meet us there. The bus will be leaving at 10:30 AM

## Pot Luck Lunch

On Wednesday, February 25th at noon. Please bring a dish or dessert to share.



## Games

Don't forget a group gets together at the Community Center  
**(2131 East Relham Drive Loxley, AL 36551)**  
on Thursdays from 12-3 PM and play games!

## Holiday Closure

The Civic Center will be on February 16, 2026 for Presidents Day. **There will be no exercise on this day.**



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