



Live here
Live well.

FEBRUARY 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>2:00 Euchre Card Club</p>	<p>2</p> <p>11:00 Total Strength and Stretch w/Liz- FC 1:00 Bingo w/Chuck- AR 3:00 Game Time - Pub 6:00 Bible Study - Pub 6:00 Bring A Friend Loteria - AR</p>	<p>3</p> <p>10:00 Garden Club - AR 10:00 Dr Ratheal Cardiometabolic education Clinic - Thtr 11:00 Lunch Bunch: BJ's Beer & Restaurant 1:00 Chair Yoga w/Suzanne- FC 3:00 Loteria - Pub 4:00 Spanish Lesson - Pub 6:00 Bring a Friend Bingo - AR</p>	<p>4</p> <p>10:30 Low-Impact Circuit w/Diane - FC 12:00 Mahjong - Pub 1:00 Chair Yoga w/Liz - FC 1:00 Mexican Train Dominos Club - GR 3:00 Loteria 4:00 Pickleball Lessons - PC 6:00 Texas Hold-Em - Pub</p>	<p>5</p> <p>9:30 Sit to Fit w/Diane - FC 11:00 Beanbag Baseball - FC 1:00 Bingo - AR 2:30 42 Dominoes Club - GR 5:00 Birthday Bash Social Hour Menu: Pizza, Salad, & Dessert</p>	<p>6</p> <p>9:30 Core n More w/Diane - FC 1:00 Bring a Friend Bingo - AR 2:00 Hand & Foot - GR 2:30 Billiards and Brews - GMR 4:00 Ice Cream Social - GR</p>	<p>7</p> <p>10:15 Gentle Yoga w/Liz - FC 1:00 Rummikub Club - Pub</p>
<p>8</p> <p>2:00 Euchre Card Club</p>	<p>9</p> <p>10:00 New Resident Orientation- THTR 11:00 Total Strength and Stretch w/Yesi- FC 1:00 Bingo w/ Chuck- AR 3:00 Game Time - Pub 6:00 Bible Study - Pub 6:00 Bring A Friend Loteria - AR</p>	<p>10</p> <p>10:30 Heart Health Month Speaker Michelle De Guzman's Heart Healthy Kitchen Talk 1:00 Chair Yoga w/Suzanne- FC 4:00 Spanish Lesson - Pub 6:00 Bring a Friend Bingo - AR</p>	<p>10:30 Low-Impact Circuit w/Diane - FC 12:00 Mahjong - Pub 1:00 Chair Yoga w/Liz - FC 1:00 Mexican Train Dominos Club - GR 4:00 Pickleball Lessons - PC 6:00 Dealer's Choice Poker - Pub</p>	<p>12</p> <p>9:30 Sit to Fit w/Diane - FC 11:00 Beanbag Baseball - FC 1:00 Bingo - AR 2:30 42 Dominoes Club - GR 5:00 Community Social Hour: Valentine's Day Special! Chicken Fricasse, mashed potatoes, seasonal vegetables</p>	<p>13</p> <p>1:00 Chair Yoga w/Liz - FC 12:00 - 2:00 Resident Renewal Luncheon - Pub 1:00 Bring a Friend Bingo - AR 2:00 Hand & Foot - GR 2:30 Billiards & Brews - GMR 3:30 AI Made Simple wi/David</p>	<p>14</p> <p>10:15 Gentle Yoga w/Liz - FC 11:30 Day Trippers Meeting- THTR 1:00 Rummikub Club - Pub</p>
<p>15</p> <p>2:00 Euchre Card Club</p>	<p>16</p> <p>10:00 Resident Ambassador Meeting - Pub 11:00 Total Strength and Stretch w/Yesi - FC 1:00 Bingo w/Chuck - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub 7:00 Pickleball Lesson - PC</p>	<p>17</p> <p>10:00 ORGG Growing Together Group - Pub 11:00 Lunch Bunch: Noli's Vite Italian Restaurant 1:00 Chair Yoga w/Suzanne- FC 4:00 Spanish Lesson - Pub 6:00 Bring a Friend Bingo - AR</p>	<p>18</p> <p>10:30am Low Impact Circuit w/Diane - FC 12:00 Mahjong - Pub 1:00 Mexican Train Dominos Club - GR 1:00 Chair Yoga w/Liz - FC 3:00 Loteria 4:00 Pickleball Lesson - PC 6:00 Texas Hold-Em - Pub</p>	<p>19</p> <p>9:30am Sit - Fit w/Diane - FC 1:00 Bingo w/Chuck - AR 2:30 42 Dominoes Club- GR 5:00 Community Social Hour Menu: Chuck's Night</p>	<p>20</p> <p>9:30 Core n More w/Diane - FC 1:00 Bring a Friend Bingo - AR 2:00 Hand & Foot - GR 2:30 Billiards & Brews - GMR 3:00 - 6:00 Food Truck Day - The Dawg Haus will be on-site serving up some delectable treats!</p>	<p>21</p> <p>10:15 Gentle Yoga w/Liz - FC 1:00 Rummikub Club - Pub 1:00 Saturday Afternoon Movie Club - "When Harry Met Sally"</p>
<p>22</p> <p>2:00 Euchre Card Club</p>	<p>23</p> <p>11:00 Total Strength and Stretch w/Liz- FC 1:00 Bingo w/Chuck- AR 3:00 Game Time - Pub 6:00 Bible Study - Pub 6:00 Bring A Friend Loteria - AR</p>	<p>24</p> <p>10:30 Hear In Texas: Doc Talk - THTR 1:00 Chair Yoga w/Suzanne- FC 4:00 Spanish Lesson - Pub 6:00 Bring a Friend Bingo - AR</p>	<p>25</p> <p>10:00 Meditation n Flow w/ Suzanne 12:00 Mahjong- Pub 1:00 Chair Yoga w/Liz - FC 1:00 Mexican Train Dominos Club - GR 4:00 Pickleball Lessons - PC 6:00 Dealer's Choice Poker - Pub</p>	<p>26</p> <p>11:00 Beanbag Baseball - FC 11:30 Sit to Fit w/Liz - FC 1:00 Bingo w/Chuck- AR 2:30 42 Dominoes Club - GR Community Social Hour: Teriyaki Chickenw/pineapple, vegetable infused rice, pork & veggie egg roll</p>	<p>27</p> <p>10:00 Meditation n Flow w/Suzanne 1:00 Bring a Friend Bingo - AR 2:00 Hand & Foot - GR 2:30 Billiards & Brews - GMR 3:30 Smart Home Safety & Independences w/ David</p>	<p>28</p> <p>10:15 Gentle Yoga w/Liz - FC 1:00 Rummikub Club - Pub</p>



Contact Shape Up @ 512.415.2828 & schedule an appt. to receive a complimentary session.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Class	2 11:00 am Total Strength/Stretch w/Yesi	3 1pm Chair Yoga-FC Suzanne	4 10:30 am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	5 9:30am Sit to Fit-FC Diane	6 9:30am Core N More-FC Diane	7 Gentle Yoga @ 10:15am Liz
8 No Class	9 11:00 am Total Strength/Stretch w/Yesi	10 1pm Chair Yoga-FC Suzanne	11 10:30 am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	12 9:30am Sit to Fit-FC Diane	13 9:30am Core N More-FC Diane	14 Gentle Yoga @ 10:15am Liz
15 No Class	16 11:00 am Total Strength/Stretch w/Yesi	17 1pm Chair Yoga-FC Suzanne	18 10:30 am Low impact circuit w/Diane 1pm Chair Yoga-FC Liz	19 9:30am Sit-Fit - FC Diane	20 9:30am Core n More - FC Diane	21 Gentle Yoga @ 10:15am Liz
22 No Class	23 11:00 am Total Strength/Stretch w/Liz	24 1pm Chair Yoga-FC Suzanne	25 10am Meditation n Flow Suzanne 1pm Chair Yoga-FC Liz	26 9:30am Sit to Fit-FC Diane	27 10am Meditation n Flow Suzanne	28 Gentle Yoga @ 10:15am Liz