



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>2</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>8:40AM - 9:30*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>9:30AM - 11:00</b> Off Key Singers (SC)  <b>9:40AM - 10:15*</b> \$ Stretch! (Multi A &amp; B)  <b>11:00AM - 2:00</b> Bridge Group (Multi B)  <b>11:15AM - 1:00</b> Open Art with Lynn (SC)  <b>11:30AM - 12:30*</b> Senior Lunch Program (Multi A)  <b>1:00PM - 2:00*</b> Jeopardy! (Multi A)  <b>2:30PM - 3:20*</b> \$ Chair Yoga (Multi B)</p>	<p><b>3</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>9:00AM - 10:00*</b> \$ Walk and Talk  <b>9:00AM - 10:00*</b> \$ Yoga for Healthy Living (Multi A &amp; B)  <b>11:00AM - 2:00*</b> Mah Jongg (American) (SC)  <b>11:30AM - 12:30*</b> Senior Lunch Program (Multi A)  <b>2:00PM - 4:00*</b> Technology Workshop 1:1 (Conf)  <b>2:00PM - 3:00</b> Golden Gamers (SC) Come learn a new game!  <b>3:00PM - 4:30*</b> \$ Introduction to Mindfulness (Multi B)</p>	<p><b>4</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>8:40AM - 9:30*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>10:00AM - 12:00PM</b> Wii Bowling (SC)  <b>10:30AM - 11:15*</b> \$ Zumba Gold (Multi A &amp; B)  <b>11:00AM</b> Hand &amp; Foot Game  <b>1:00PM - 2:00</b> Bingo (Multi A)  <b>2:30PM - 3:20*</b> \$ Chair Yoga (Multi B)</p>	<p><b>5</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>9:00AM - 10:00*</b> \$ Walk and Talk  <b>9:00AM - 10:00*</b> \$ Yoga for Healthy Living (Multi A &amp; B)  <b>11:30AM - 12:30*</b> Senior Lunch Program (Multi A)  <b>12:00PM - 4:00*</b> Pinochle (SC &amp; Conf)  <b>1:30PM - 2:30*</b> Better Balance (Multi A &amp; B)</p>	<p><b>6</b> <u>Senior Center Hours (9am-12pm)</u>  <b>8:40AM - 9:30*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>10:30AM - 11:30</b> Grief Support Group (Multi B)  <b>9:30AM - 11:30*</b> Crafty Friday (SC)</p>
<p><b>9</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>8:40AM - 9:30*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>9:30AM - 11:00</b> Off Key Singers (SC)  <b>9:40AM - 10:15*</b> \$ Stretch! (Multi A &amp; B)  <b>11:00AM</b> Hand &amp; Foot Game  <b>11:15AM - 1:00</b> Open Art with Lynn (SC)  <b>11:30AM - 12:30*</b> Senior Lunch Program (Multi A)  <b>1:00PM - 2:00*</b> Wheel of Fortune (Multi A)  <b>2:30PM - 3:20*</b> \$ Chair Yoga (Multi B)</p>	<p><b>10</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>9:00AM - 10:00*</b> \$ Walk and Talk  <b>9:00AM - 10:00*</b> \$ Yoga for Healthy Living (Multi A &amp; B)  <b>10:30PM - 12:00*</b> Don't Fall For It! Senior Fraud Prevention (Multi B)  <b>11:00AM - 2:00*</b> Mah Jongg (American) (SC)  <b>11:30AM - 12:30*</b> Senior Lunch Program (Multi A)  <b>12:00PM - 4:00*</b> Pinochle (SC and Conf)  <b>2:00PM - 3:00</b> Golden Gamers (SC) Come learn a new game!  <b>3:00PM - 4:30*</b> \$ Introduction to Mindfulness (Multi B)</p>	<p><b>11</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>8:40AM - 9:30*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>10:00AM - 12:00PM</b> Wii Bowling  <b>10:30AM - 11:15*</b> \$ Zumba Gold (Multi A &amp; B)  <b>11:00AM</b> Hand &amp; Foot Game  <b>1:00PM - 2:00</b> Bingo (Multi A)  <b>2:30PM - 3:20*</b> \$ Chair Yoga (Multi B)</p>	<p><b>12</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>9:00AM - 10:00*</b> \$ Walk and Talk  <b>9:00AM - 10:00*</b> \$ Yoga for Healthy Living (Multi A &amp; B)  <b>11:30AM - 12:30*</b> Senior Lunch Program (Multi A)  <b>12:00PM - 4:00*</b> Pinochle (SC &amp; Conf)  <b>1:30PM - 2:30*</b> Better Balance (Multi A &amp; B)</p>	<p><b>13</b> <u>Senior Center Hours (9am-12pm)</u>  <b>8:40AM - 9:30*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>9:00AM - 12:45*</b> Simple Will Service (Conf)  <b>10:00AM - 12:00</b> Alzheimer's Support Group (Multi B)  <b>9:30AM - 11:30*</b> Crafty Friday (SC)</p>
<p><b>16</b> <u>Closed for Presidents Day</u></p>	<p><b>17</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>8:30AM - 9:30*</b> \$ Walk and Talk  <b>9:00AM - 10:00*</b> \$ Yoga for Healthy Living (Multi A &amp; B)  <b>11:00AM - 12:00*</b> Unlocking Home Wealth – Boosting Cash Flow in Retirement (Multi B)  <b>11:00AM - 2:00*</b> Mah Jongg (American) (SC)  <b>11:30AM - 12:30 *</b> Senior Lunch (Multi A)  <b>2:00PM - 4:00*</b> Technology Troubleshooting 1:1 (Conf)  <b>2:00PM - 3:00 -</b> Golden Gamers (SC) Come learn a new game!  <b>3:00PM - 4:30*</b> \$ Introduction to Mindfulness (Multi B)</p>	<p><b>18</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>8:40AM - 9:30*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>10:00AM - 12:00PM</b> Wii Bowling  <b>10:30AM - 11:15*</b> \$ Zumba Gold (Multi A &amp; B)  <b>11:00AM</b> Hand &amp; Foot Game  <b>1:00PM - 2:00</b> Bingo (Multi A)  <b>2:30PM - 3:20*</b> \$ Chair Yoga (Multi B)</p>	<p><b>19</b> <u>Senior Center Hours (9am-4:30pm)</u>  <b>9:00AM - 10:00*</b> \$ Walk and Talk  <b>9:00AM - 10:00*</b> \$ Yoga for Healthy Living (Multi A &amp; B)  <b>11:30AM - 12:30*</b> Senior Lunch Program (Multi A)  <b>12:00PM - 4:00*</b> Pinochle (SC &amp; Conf)  <b>1:30PM - 2:30*</b> Better Balance (Multi A &amp; B)</p>	<p><b>20</b> <u>Senior Center Hours (9am-12pm)</u>  <b>8:40AM - 9:40*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>9:30AM - 11:30*</b> Crafty Friday (SC)</p>

<p><b>23 Senior Center Hours (9am-4:30pm)</b>  <b>8:40AM - 9:30*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>9:30AM - 11:00</b> Off Key Singers (SC)  <b>9:40AM - 10:15*</b> \$ Stretch! (Multi A &amp; B)  <b>10:45AM - 12:15</b> Parkinson's Support Group (Multi B)  <b>11:00AM</b> Hand &amp; Foot Game  <b>11:15AM – 1:00</b> Open Art with Lynn (SC)  <b>11:30AM - 12:30*</b> Senior Lunch Program (Multi A)  <b>1:00 PM – 2:00</b> Wheel of Fortune (M A)  <b>2:30PM - 3:20*</b> \$ Chair Yoga (Multi B)</p>	<p><b>24 Senior Center Hours (9am-4:30pm)</b>  <b>8:30AM - 9:30*</b> \$ Walk and Talk  <b>9:00AM - 10:00*</b> \$ Yoga for Healthy Living (Multi A &amp; B)  <b>11:00AM - 2:00</b> Mah Jongg (American)* (SC)  <b>11:30AM - 12:30*</b>Senior Lunch Program (Multi A)  <b>12:30PM - 4:00*</b> Pinochle (SC and Conf)  <b>2:00PM – 3:00</b> Golden Gamers (SC) Come learn a new game!  <b>3:00PM - 4:30*</b> \$ Introduction to Mindfulness (Multi B)</p>	<p><b>25 Senior Center Hours (9am-4:30pm)</b>  <b>8:40AM - 9:30*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>10:00AM – 12:00PM</b> Wii Bowling (Multi A &amp; B)  <b>10:30AM - 11:15*</b> \$ Zumba Gold (Multi A &amp; B)  <b>11:00AM</b> Hand &amp; Foot Game  <b>1:00PM - 2:00</b> Bingo (Multi A)  <b>2:30PM - 3:20*</b> \$ Chair Yoga (Multi B)</p>	<p><b>26 Senior Center Hours (9am-4:30pm)</b>  <b>9:00AM - 10:00*</b> \$ Walk and Talk  <b>9:00AM - 10:00*</b> \$ Yoga for Healthy Living (Multi A &amp; B)  <b>11:30AM - 12:30*</b> Senior Lunch Program (Multi A)  <b>12:00PM - 4:00*</b> Pinochle (SC &amp; Conf)  <b>1:30PM – 2:30*</b> Better Balance (Multi A &amp; B)</p>	<p><b>27 Senior Center Hours (9am-12pm)</b>  <b>8:40AM - 9:40*</b> \$ Functional Fitness Training (Multi A &amp; B)  <b>9:30AM - 11:30*</b> Crafty Friday (SC)  <b>1:00PM - 4:45*</b> Simple Will Service (Conf)</p>
--	--	--	--	--

**GAME OF THE MONTH**



If you haven't learned this popular game yet, come by anytime and we will teach you! It's easy, fun and a Senior Center favorite!

**\* Please register in advance if you see an asterisk \***

**KEY:**

If **ORANGE**, sign up in the Senior Center  
**Fee Based - In Green with \$**  
**Workshop - In Blue**  
**Presentation - In Purple**  
**Support Group or Service- In Red**

Multipurpose Room A - (Multi A)  
Multipurpose Room B - (Multi B)  
Senior Center - (SC)  
Conference Room - (Conf)

**CONTACT INFO:**

Folsom Senior & Arts Center:  
48 Natoma St. Folsom - (916) 461-6674  
Dana, Mark, Judi, & Janice - Senior Center Attendants [folsomseniorcenter@folsom.ca.us](mailto:folsomseniorcenter@folsom.ca.us)  
Sarah- Recreation Supervisor: (916) 461-6618 or [STrobee@folsom.ca.us](mailto:STrobee@folsom.ca.us)

**NOTES:**

**\*\*HICAP** Services are Tuesdays by appointment only, call this number to schedule an appointment: (916) 376-8915.  
\***Walk and Talk** is held at various Folsom locations, schedule is included with registration.  
\***Bridge Group or the Pinochle Group** - Please see a Senior Center Attendant for more info or to sign up.  
\***Senior Lunch Program** – Please see a Senior Center Attendant or the front desk for an intake form, or call (916) 461- 6674 with any questions you may have.

**Please note that activities are subject to change with little notice.**

**February 2026**