

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/Elaine) Cards and Games 1-4pm Mah Jongg 1-4 (Halle) Peak City Singers 11-12:30pm Yoga Adv. 9:45 <a href="#">History of WW1 1-2pm</a> Spring Day Trips- Resident Registration	<b>2</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Bettie) Senior Tennis 9-11am(ACP) Bridge 10-1pm Steel Strong 11:10-11:55am Tai- Chi 3-4:15 Zumba Gold 2 2:15-3:15pm Conversational Spanish 2-4pm	<b>3</b> Walking 9-10am/ 1-2pm Bingo 1-3pm Pickleball 10:30am-12:30pm Yoga 9:15(B), 10:30 (inter) Pilates 3-4pm	<b>4</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Bettie) Senior Tennis 9-11am(ANP) Stitch and Hook 11-1pm Iron Yoga 2-3pm Steel Strong 11:10-11:55am Senior Art Club 1-3pm (Halle) New Lesson Line Dancing 5:30-7pm Zumba Gold 1 9-9:45am ESL 1:30-3pm	<b>5</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Elaine) Cards and Games 1-4pm Mah Jongg 1-4 (Apex Community Center) Pickleball 10:30am-12:30pm Line Dancing 9am(B), 10:15(B1),11:30(B2)	<b>6</b> 10am Outdoor Pickleball Meetup (ANP)	
<b>7 Super Bowl</b> 2pm Outdoor Pickleball Meetup (ANP)	<b>8</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/Elaine) Cards and Games 1-4pm Mah Jongg 1-4 (Halle) Peak City Singers 11-12:30pm Yoga Adv. 9:45 Pickleball Strategies- Dinking 11:30-12:30pm <a href="#">History of WW1 1-2pm</a>	<b>9</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Bettie) Senior Tennis 9-11am(ACP) Bridge 10-1pm Steel Strong 11:10-11:55am Tai- Chi 3-4:15 Zumba Gold 2 2:15-3:15pm Conversational Spanish 2-4pm	<b>10</b> Walking 9-10am/ 1-2pm Pickleball 10:30am-12:30pm Wii Bowling 9:30-11:30 Yoga 9:15(B), 10:30 (inter) Pilates 3-4pm Aqua Fitness 12:30-1:30 Retirement even Better 10:30-12:30	<b>11</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Bettie) Senior Tennis 9-11am(ANP) Stitch and Hook 11-1pm Iron Yoga 2-3pm Steel Strong 11:10-11:55am Potluck Luncheon- 11:15am New Lesson Line Dancing 5:30-7pm Zumba Gold 1 9-9:45am ESL 1:30-3pm	<b>12</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Elaine) Cards and Games 1-4pm Mah Jongg 1-4 (Halle) Pickleball 10:30am-12:30pm Line Dancing 9am(B), 10:15(B1),11:30(B2)	<b>13</b> 10am Outdoor Pickleball Meetup (ANP)	
<b>14 Valentine's Day</b> 2pm Outdoor Pickleball Meetup (ANP)	<b>15 Presidents Day</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/Elaine) Cards and Games 1-4pm Mah Jongg 1-4 (Halle) Peak City Singers 11-12:30pm Yoga Adv. 9:45 <a href="#">Creative Canvases 6-8pm</a> <a href="#">History of WW1 1-2pm</a> Spring Day Trips- Non- Resident Registration	<b>16</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Bettie) Senior Tennis 9-11am(ACP) Bridge 10-1pm Steel Strong 11:10-11:55am Tai- Chi 3-4:15 Zumba Gold 2 2:15-3:15pm Conversational Spanish 2-4pm	<b>17</b> Walking 9-10am/ 1-2pm Bingo 1-3pm Pickleball 10:30am-12:30pm Yoga 9:15(B), 10:30 (inter) Pilates 3-4pm Retirement even Better 10:30-12:30	<b>18</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Bettie) Senior Tennis 9-11am(ANP) Stitch and Hook 11-1pm Iron Yoga 2-3pm Steel Strong 11:10-11:55am New Lesson Line Dancing 5:30-7pm Zumba Gold 1 9-9:45am <a href="#">E-Books 12:30-1:30</a> ESL 1:30-3pm	<b>19</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Elaine) Friday Flicks 11am-1pm Cards and Games 1-4pm Mah Jongg 1-4 (Halle) Pickleball 10:30am-12:30pm Line Dancing 9am(B), 10:15(B1),11:30(B2)	<b>20</b> 10am Outdoor Pickleball Meetup (ANP)	
<b>21</b> 2pm Outdoor Pickleball Meetup (ANP)	<b>22</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/Elaine) Cards and Games 1-4pm Mah Jongg 1-4 (Halle) Peak City Singers 11-12:30pm Yoga Adv. 9:45 <a href="#">History of WW1 1-2pm</a>	<b>23</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Bettie) Senior Tennis 9-11am(ACP) Bridge 10-1pm Tai- Chi 3-4:15 Conversational Spanish 2-4pm	<b>24</b> Walking 9-10am/ 1-2pm Pickleball 10:30am-12:30pm Wii Bowling 9:30-11:30 Aqua Fitness 12:30-1:30	<b>25</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Bettie) Senior Tennis 9-11am(ANP) Stitch and Hook 11-1pm New Lesson Line Dancing 5:30-7pm Zumba Gold 1 9-9:45am <a href="#">Computer and Internet basics 2-2:45</a> ESL 1:30-3pm <a href="#">AARP Financial Freedom 1:30-2:30</a>	<b>26</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/ Elaine) Cards and Games 1-4pm Mah Jongg 1-4 (Halle) Pickleball 10:30am-12:30pm	<b>27</b> 10am Outdoor Pickleball Meetup (ANP)	
<b>28</b> 2pm Outdoor Pickleball Meetup (ANP)	<b>29</b> Walking 9-10am/ 1-2pm Exercise- 10-11am (w/Elaine) Cards and Games 1-4pm Mah Jongg 1-4 (Halle) Peak City Singers 11-12:30pm (Halle)	<b>Notes:</b> <b>(ANP) Apex Nature Park 2600 Evans Rd. Apex, NC 27502</b>					