

February 2024

January 2024

March 2024

<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>S</u>
31	1	2	3	4	5	6	25	26	27	28	29	1	2
7	8	9	10	11	12	13	3	4	5	6	7	8	9
14	15	16	17	18	19	20	10	11	12	13	14	15	16
21	22	23	24	25	26	27	17	18	19	20	21	22	23
28	29	30	31	1	2	3	24	25	26	27	28	29	30
4	5	6	7	8	9	10	31	1	2	3	4	5	6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 1:00 PM - Normal Aging Forum	30 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 12:30 PM - Monserate, Barbados North & Villa Monterey Neighborhood Group Social	31 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group	1 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg	2 9:00 AM - Village Vocals Music Group CANCELLED 9:30 AM - IT Meeting -- Rescheduled Discussion of Website Cleanup 10:00 AM - Chair Yoga - CANCELLED 10:30 AM - Groundhog Gala 11:00 AM - Fun & Games - CANCELLED	3 10:30 AM - TVSD Dog Pack
4	5 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 3:00 PM - Member Meeting	6 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 11:30 AM - Eating Well	7 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi 1:00 PM - Bridge Group 2:00 PM - Social Team Event Training	8 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 3:00 PM - Village Book Club	9 9:00 AM - Village Vocals Music Group 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	10 10:00 AM - UCSD Tech Help
11	12 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 2:00 PM - Administrative Meeting	13 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 1:00 PM - Core Team Meeting	14 Valentine's Day 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi - CANCELLED 1:00 PM - Bridge Group 6:00 PM - Bunko	15 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 2:00 PM - Administrative Meeting 2:00 PM - Dance Party 4:30 PM - Third Thursday Social	16 9:00 AM - Village Vocals Music Group 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	17 1:00 PM - Singles Network (SNAP)
18	19 Presidents' Day 8:00 AM - VMC CLOSED FOR HOLIDAY 10:00 AM - Chair Yoga - CANCELLED 11:00 AM - Carol's Coffee Chat (Zoom)	20 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 11:30 AM - Tuesday Lunch Bunch	21 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi 1:00 PM - Bridge Group 4:00 PM - Informational Happy Hour	22 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Board Meeting	23 9:00 AM - Village Vocals Music Group 10:00 AM - Chair Yoga 11:00 AM - Fun & Games 1:00 PM - Forum: Living with Pain - Helpful Suggestions	24
25 12:00 PM - Fiddler on the Roof	26 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	27 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 11:30 AM - ROMEO 1:00 PM - Care Committee Meeting	28 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Rubio's Fundraiser 11:30 AM - Tai Chi 1:00 PM - Bridge Group	29 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 4:30 PM - Viacha Neighborhood Group Meeting	1 9:00 AM - Village Vocals Music Group 10:00 AM - Chair Yoga 11:00 AM - Fun & Games 1:00 PM - Honor Flight Letter Writing	2