

Wednesday, February 1	
9 to 1	Grocery Shuttle to Sprouts, Solana Beach; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
10 to 1	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
Thursday, February 2	
8 to 9	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 10	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 11:30	Writing Your Life Story - St. Peter's Church Library, 334 14th St.
10 to 11	Low Impact Chair Active Older Adult Fitness Class - Powerhouse Community Center
3 to 4:30	Knit & Stitch, Del Mar Library, 1309 Camino del Mar
Friday, February 3	
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Monday, February 6	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
9 to 1	Shopping trip to Encinitas - call for reservations 858-792-7565
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
11 to 12	Tai Chi by the Sea - Level 2 - Powerhouse Community Center, 1658 Coast Blvd.
11:30 to 1	The Lunch Club, Rendezvous, 1555 Camino del Mar
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, February 7	
8 to 9	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 10	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 12	HICAP Medicare Counseling, DMCC Office, 240 11th St.
10 to 11	Low Impact Chair Active Older Adult Fitness Class - Powerhouse Community Center
1 to 3	Avoiding Elder Financial Abuse Talk - DM Library, 1309 Camino del Mar
Wednesday, February 8	
9 to 1	Grocery Shuttle to Trader Joe's, Encinitas; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
10 to 1	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
Thursday, February 9	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
9 to 10	Senior Fitness Class - Powerhouse Community Center
9 to 11:30	Writing Your Life Story - St. Peter's Church Library, 334 14th St.
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
Friday, February 10	
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
10 to 4	Van Excursion to Natural History Museum Titanic: Artifact Exhibition/No-Host Lunch @ El Prado
Saturday, February 11	
9 to 10	DMCC Monthly Board of Directors Meeting, City Hall Annex, 235 Tenth St.
Monday, February 13	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
11 to 12	Tai Chi by the Sea - Level 2 - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, February 14 - Valentine's Day!	
8 to 9	Active Older Adult Fitness Class - Powerhouse Community Center
9:30 to 11:30	Senior Health Forum with Dr. Kalina; DMTV, 240 Tenth St.
9 to 10	Active Older Adult Fitness Class - Powerhouse Community Center
10 to 11	Low Impact Chair Active Older Adult Fitness Class - Powerhouse Community Center
Wednesday, February 15	
9 to 1	Grocery Shuttle to Sprouts, SB; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
10 to 1	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
Thursday, February 16	
8 to 9	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 10	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 11:30	Writing Your Life Story - St. Peter's Church Library, 334 14th St.

10 to 11	Low Impact Chair Active Older Adult Fitness Class - Powerhouse Community Center
3 to 5	Singing Together - 1010 Crest Rd.
Friday, February 17	
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Sunday, February 19	
12:45 to 5:30	Coastal Communities Concert Band Concert, Carlsbad Community Church, Jefferson & Pine,
Monday, February 20 - Del Mar Community Connections Office Closed for MLK Day	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
11 to 12	Tai Chi by the Sea - Level 2 - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, February 21	
8 to 9	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 10	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 12	HICAP Medicare Counseling, DMCC Office, 240 11th St.
10 to 11	Low Impact Chair Active Older Adult Fitness Class - Powerhouse Community Center
Wednesday, February 22	
9 to 1	Grocery Shuttle to Trader Joe's, Encinitas; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
10 to 1	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
Thursday, February 23	
8 to 9	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 10	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 11:30	Writing Your Life Story - St. Peter's Church Library, 334 14th St.
10 to 11	Low Impact Chair Active Older Adult Fitness Class - Powerhouse Community Center
Friday, February 24	
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
8:30 to 11:30	Senior Legal Clinic - DMCC Office, 240 Tenth St.
Monday, February 27	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
9 to 2	Shopping Trip to UTC - call for reservations 858-792-7565
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
11 to 12	Tai Chi by the Sea - Level 2 - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, February 28	
8 to 9	Active Older Adult Fitness Class - Powerhouse Community Center
9 to 10	Active Older Adult Fitness Class - Powerhouse Community Center
9:30 to 11:30	Senior Health Forum with Dr. Kalina; Location Change: DM Library, 1309 Camino del Mar
10 to 11	Low Impact Chair Active Older Adult Fitness Class - Powerhouse Community Center
12 to 1:30	ROMEO Men's Lunch Group, Sbicca Bistro, 215 15th St.
Wednesday, February 29	
9 to 1	Grocery Shuttle to Trader Joe's, Encinitas; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
10 to 1	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.

Legend:

	Bus Trips
	Once-a-month activities
	DMCC Office Closures