

February 2021

Key: L = Live at W&W; V = Virtual; C = Phone

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>LVC Meditation • 9:30 am</p> <p>LVC Chair Yoga • 11:00 am</p> <p>LVC A Deeper Look-Art Talk • 11:00 am</p> <p>LVC Tai Chi for Better Balance • 1:00 pm</p> <p>LVC Creativity Challenge • 2:00 pm</p>	<p>2</p> <p>LVC Personal Fitness Training • 9:00 am</p> <p>LVC The Crew-Men's Group • 10:00 am</p> <p>LVC Healthy Aging Series • 10:30 am</p> <p>LVC Core On The Floor • 12:00 pm</p> <p>LVC Mindful Mandala • 1:30 pm</p> <p>LVC Powerful Tools for Care Partner • 3:00 pm</p> <p>LVC Artist Trading Cards • 3:00 pm</p>	<p>3</p> <p>LVC Art In Action Series 1 • 11:00 am</p> <p>LVC PhoneFit • 12:00 pm</p> <p>LVC Brain Bootcamp • 1:30 pm</p> <p>LVC Somatic Movement • 3:00 pm</p>		<p>4</p> <p>LVC Balance & Easy Movement • 10:00 am</p> <p>LVC Creativity Studio • 10:00 am</p> <p>LVC QiGong • 11:30 am</p> <p>LVC Personal Fitness Training • 1:00 pm</p> <p>LVC Painting as Exploration • 1:30 pm</p> <p>LVC Weekly Unwind • 4:30 pm</p>	<p>5</p> <p>LVC AgeStrong • 10:00 am</p> <p>LVC Jewelry Making • 10:00 am</p> <p>LVC Beginner Line Dancing • 12:30 pm</p> <p>LVC Space-Mixed Media • 1:30 pm</p> <p>LVC Guided Imagery • 1:30 pm</p>	
<p>8</p> <p>LVC Meditation • 9:30 am</p> <p>LVC Chair Yoga • 11:00 am</p> <p>LVC A Deeper Look-Art Talk • 11:00 am</p> <p>LVC Tai Chi for Better Balance • 1:00 pm</p> <p>LVC Coffee Chat • 2:00 pm</p>	<p>9</p> <p>LVC Personal Fitness Training • 9:00 am</p> <p>LVC Healthy Aging Series • 10:30 am</p> <p>LVC Core On The Floor • 12:00 pm</p> <p>LVC Mindful Mandala • 1:30 pm</p> <p>LVC Powerful Tools for Care Partner • 3:00 pm</p> <p>LVC Artist Trading Cards • 3:00 pm</p>	<p>10</p> <p>LVC Art In Action Series 1 • 11:00 am</p> <p>LVC PhoneFit • 12:00 pm</p> <p>LVC Brain Bootcamp • 1:30 pm</p> <p>LVC Watercolor Flowers • 2:00 pm</p>		<p>11</p> <p>LVC Balance & Easy Movement • 10:00 am</p> <p>LVC QiGong • 11:30 am</p> <p>LVC Wellness Talk Series • 11:30 am</p> <p>LVC Personal Fitness Training • 1:00 pm</p> <p>LVC Brain Blast Challenge • 2:00 pm</p> <p>LVC Weekly Unwind • 4:30 pm</p>	<p>12</p> <p>LVC AgeStrong • 10:00 am</p> <p>LVC Jewelry Making • 10:00 am</p> <p>LVC Beginner Line Dancing • 12:30 pm</p> <p>LVC Space-Mixed Media • 1:30 pm</p>	<p>13</p> <p>LVC Art & The Heart-Sip & Paint • 10:00 am</p>
<p>15</p> <p>LVC Meditation • 9:30 am</p> <p>LVC Chair Yoga • 11:00 am</p> <p>LVC A Deeper Look-Art Talk • 11:00 am</p> <p>LVC Tai Chi for Better Balance • 1:00 pm</p> <p>LVC African American History Month Series • 3:00 pm</p>	<p>16</p> <p>LVC Personal Fitness Training • 9:00 am</p> <p>LVC The Crew-Men's Group • 10:00 am</p> <p>LVC Healthy Aging Series • 10:30 am</p> <p>LVC MELT • 11:00 am</p> <p>LVC Core On The Floor • 12:00 pm</p> <p>LVC Service Coordination • 2:00 pm</p> <p>LVC Powerful Tools for Care Partner • 3:00 pm</p> <p>LVC Artist Trading Cards • 3:00 pm</p>	<p>17</p> <p>LVC Roland Park Library Tech • 10:00 am</p> <p>LVC Vinyasa Yoga • 10:00 am</p> <p>LVC PhoneFit • 12:00 pm</p> <p>LVC Brain Bootcamp • 1:30 pm</p> <p>LVC Somatic Movement • 3:00 pm</p>		<p>18</p> <p>LVC Balance & Easy Movement • 10:00 am</p> <p>LVC Creativity Studio • 10:00 am</p> <p>LVC Your Best Life • 11:00 am</p> <p>LVC QiGong • 11:30 am</p> <p>LVC Personal Fitness Training • 1:00 pm</p> <p>LVC Painting as Exploration • 1:30 pm</p> <p>LVC Weekly Unwind • 4:30 pm</p>	<p>19</p> <p>LVC AgeStrong • 10:00 am</p> <p>LVC Space-Mixed Media • 10:00 am</p> <p>LVC Beginner Line Dancing • 12:30 pm</p> <p>LVC Guided Imagery • 1:30 pm</p> <p>LVC Jewelry Making • 1:30 pm</p>	
<p>22</p> <p>LVC Meditation • 9:30 am</p> <p>LVC Chair Yoga • 11:00 am</p> <p>LVC Tai Chi for Better Balance • 1:00 pm</p> <p>LVC Celebrate a Healthy Heart • 2:00 pm</p> <p>LVC Printmaking Demo • 3:00 pm</p>	<p>23</p> <p>LVC Personal Fitness Training • 9:00 am</p> <p>LVC Healthy Aging Series • 10:30 am</p> <p>LVC MELT • 11:00 am</p> <p>LVC Core On The Floor • 12:00 pm</p> <p>LVC Brain Blast Challenge • 2:00 pm</p> <p>LVC Powerful Tools for Care Partner • 3:00 pm</p> <p>LVC Artist Trading Cards • 3:00 pm</p>	<p>24</p> <p>LVC Vinyasa Yoga • 10:00 am</p> <p>LVC PhoneFit • 12:00 pm</p> <p>LVC Brain Bootcamp • 1:30 pm</p> <p>LVC Coffee Chat • 2:00 pm</p> <p>LVC Art Right Now • 4:00 pm</p>		<p>25</p> <p>LVC Balance & Easy Movement • 10:00 am</p> <p>LVC Creativity Studio • 10:00 am</p> <p>LVC QiGong • 11:30 am</p> <p>LVC Wellness Talk Series • 11:30 am</p> <p>LVC Personal Fitness Training • 1:00 pm</p> <p>LVC Painting as Exploration • 1:30 pm</p> <p>LVC Your Best Life • 2:00 pm</p> <p>LVC Weekly Unwind • 4:30 pm</p>	<p>26</p> <p>LVC AgeStrong • 10:00 am</p> <p>LVC Space-Mixed Media • 10:00 am</p> <p>LVC Healthy Heart With Diabetes • 11:00 am</p> <p>LVC Beginner Line Dancing • 12:30 pm</p> <p>LVC Jewelry Making • 1:30 pm</p> <p>LVC African American History Month Series • 2:00 pm</p>	<p>27</p> <p>LVC Art, Intimacy & Healing • 1:30 pm</p>
1	2	3		4	5	6