

February 2026 Lapham Center

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 12 AI Lunch and Learn	5	6 11 Health Talk: NC Fire Marshal discusses Radon
9 9:30 Beg. MJ	10 9:30 Beg. MJ 11 Floral Arranging 11 Indian Cooking	11 9:30 Beg. MJ 12:30 BP Clinic	12 Medicare by appt. 1 Felt Penguins 2 Tech Workshop 2 Ask the Attorney	13 11 Valentine's BINGO
16 CLOSED WASHINGTON'S BIRTHDAY	17 11 Art Gottlieb: Gen. MacArthur & Korean War	18 10:30 Building Healthier Thinking Habits	19 11 Understanding Hospital Evaluations 1 Life Reimagined	20 11 Movie: <i>Wicked</i>
23	24 11 Art Gottlieb: Gen. Abrams 11 My Rec with Kathy 2:30 World History BG: <i>An Edible History of Humanity</i>	25 12:30 BP Clinic	26 Medicare by appt. 1 Lapham Reads: <i>Al-most Sisters</i> 2 Tech Workshop	27

Weekly Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Intro: NCMC Bridge	8:30 Beg. Pilates	9 Intermediate Italian	8:30 Beg. Pilates	8:30 NC Sentinel Coffee
10 Balance and Posture	9 Beg. Italian: Part 2	10 Drawing	9:15 History with Ned:	10 Open MJ
10 Intermediate Bridge	9:15 Culinary Hist. w/ Ken	10 Open Bridge	American Revolution	11:30 Open Bridge
10 Open Bridge	9:45 Pilates on the ball	10 Bridge: Supervised Play	9:45 Yoga Fusion	
10:30 Churchill	9:45 Poetry (Zoom)	10 Germany & Austria	10 Acrylic painting	
10:30 French Conversation	10 Italian Conversation	10:30 Tai Chi	11 Literature	
11 Moving with Arthritis	10 Bridge: Supervised Play	11 Intermediate French	11 Muscles in Motion	
12 Fit for Life	11 Muscles in Motion	12:30 Ukulele	12 Chair Fitness	
12:30 Woodcarving	12 Cardio Plus	1:30 Qigong	2 Open MJ	
1:15 Super Stretch	1 Art Appreciation	2 Billiards		
2 Sit and Stitch	1 Beg. Bridge part 2	2:30 NCMC Yoga		
2:30 NCMC Yoga				
2:30 Music Appreciation				