

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
2 9:00 Senior Fitness/Low Impact 10:00 Beginner Line Dancing 10:15 Gentle Yoga 11:10 Intermediate Line Dancing 12:30 Euchre 4:00 Tumbling Class 5:00 Tumbling Class 6:00 Tumbling Class 6:30 Aerobics	3 10:00 Knitting/Crocheting Group 10:00 Grief Support Group 11:30 Senior Lunch & Learn sponsored by Brookhaven (Reservations required) 1:00 Senior Chair Fitness Class 1:15 Senior Bingo 5:30 Euchre Night for Seniors	4 9:00 Senior Fitness/Low Impact 9:30 Matter of Balance Workshop 10:15 Self-Care Wednesday MELT class 12:00 Blood Pressure Checks (Brookdale) 12:15 Parkinson's Fitness Class 12:30 Bridge 1:00 Senior Bingo 2:45 Mexican Train Dominos 6:00 Yoga 6:30 Aerobics	5 9:00 Pilates 10:00 Weight Watchers 10:30 Quilting 1:00 Euchre 1:00 Senior Chair Fitness Class 5:30 Beginner Karate 7:00 Advance Karate	6 9:00 Open Cornhole for Adults 10:00 Bridge (Private Group) 12:30 Sinclair Contemporary Politics Class (Registration required)	<u>Line Dancing Classes</u> for adults will return to the Earl Heck Center on February 2, 2026. Beginner classes will be offered at 10:00am, followed by an Intermediate class at 11:10am. For more information on these classes, or to register, please call Rose at (937) 233-6247.
9 9:00 Senior Fitness/Low Impact 10:00 Beginner Line Dancing 10:15 Gentle Yoga 11:10 Intermediate Line Dancing Class 12:30 Euchre 1:00 Senior Movie Day (RSVN Required) 4:00 Tumbling Class 5:00 Tumbling Class 6:00 Tumbling Class 6:30 Aerobics	10 10:00 Knitting/Crocheting Group 10:00 Grief Support Group 12:00 Senior Hot Dog Lunch sponsored by Momentous Health 1:00 Senior Chair Fitness Class 1:00 Senior Bingo 5:30 Euchre Night for Seniors	11 9:00 Senior Fitness/Low Impact 9:30 Matter of Balance Workshop 10:15 Self-Care Wednesday MELT class 12:15 Parkinson's Fitness Class 12:30 Bridge 1:00 Senior Bingo 2:45 Mexican Train Dominos 6:00 Yoga 6:30 Aerobics	12 9:00 Pilates 10:00 Weight Watchers 10:30 Quilting 1:00 Euchre 1:00 Senior Chair Fitness Class 5:30 Beginner Karate 7:00 Advance Karate	13 9:00 Open Cornhole for Adults 12:00 Englewood Senior Club Carry-In Lunch for club members (Reservations for lunch required: Sign up on the senior club bulletin board) 12:30 Sinclair Contemporary Politics Class 1:00 Senior Club Bingo	<u>A Matter of Balance Workshop</u> will be held at the Earl Heck Community Center beginning on February 4, 2026. This 8-week workshop will be held on Wednesday mornings from 9:30-11:30am and will teach you ways to improve your balance and avoid falling. This workshop is provided by Goodwill/Easter Seals and is free to attend. To register, please call (937) 836-5929.
16 Presidents' Day Center Closed	17 10:00 Knitting/Crocheting Group 10:00 Grief Support Group 11:30 Senior Luncheon sponsored by Englewood Health and Rehab (Reservations Required) 1:00 Senior Bingo 1:00 Senior Chair Fitness Class 5:30 Euchre Night for Seniors	18 9:00 Senior Fitness/Low Impact 9:30 Matter of Balance Workshop 10:15 Self-Care Wednesday MELT class 12:00 Blood Pressure checks (Arcadia) 12:15 Parkinson's Fitness Class 12:30 Bridge 1:00 Senior Bingo 2:45 Mexican Train Dominos 6:00 Yoga 6:30 Aerobics	19 9:00 Pilates 10:00 Weight Watchers 10:30 Quilting 1:00 Euchre 1:00 Senior Chair Fitness Class 5:30 Beginner Karate 7:00 Advance Karate	20 9:00 Open Cornhole for Adults 10:00 Bridge (Private Group) 12:30 Sinclair Contemporary Politics Class	
23 9:00 Senior Fitness/Low Impact 10:00 Beginner Line Dancing 10:15 Gentle Yoga 11:10 Intermediate Line Dancing Class 12:30 Euchre 1:00 Senior Movie Day (RSVN Required) 4:00 Tumbling Class 5:00 Tumbling Class 6:00 Tumbling Class 6:30 Aerobics	24 10:00 Knitting/Crocheting Group 10:00 Grief Support Group 11:00 Senior Fun Auction sponsored by Momentous Health & Earl Heck Center 1:00 Senior Bingo 1:00 Senior Chair Fitness Class 5:30 Euchre Night for Seniors 7:00 Englewood Civic Band Meeting	25 9:00 Senior Fitness/Low Impact 9:30 Matter of Balance Workshop 10:15 Self-Care Wednesday MELT class 12:15 Parkinson's Fitness Class 12:30 Bridge 1:00 Senior Bingo 2:45 Mexican Train Dominos 6:00 Yoga 6:30 Aerobics	26 9:00 Pilates 10:00 Weight Watchers 10:30 Quilting 1:00 Euchre 1:00 Senior Chair Fitness Class 5:30 Beginner Karate 7:00 Advance Karate	27 9:00 Open Cornhole for Adults 11:00 Senior Club Board Meeting 11:30 Senior Club Business Meeting 12:00 Senior Club Chili and Soup lunch (Sign up on the senior bulletin board) 12:30 Sinclair Contemporary Politics Class 1:00 Senior Club Bingo	<u>Weight Watchers</u> meets at the Earl Heck Center Thursday mornings at 10:00 am (weigh-ins begin at 9:30). <u>Senior Movie Days:</u> Senior Movie Days are held at the Earl Heck Center on the 2 nd and 4 th Mondays of the month at 1:00 PM. Popcorn will be provided for those in attendance. Register in the main office if you plan on attending. <u>February Movies:</u> February 9 - My Name is Nobody February 23 – Catch me if you can
					* Like us on Facebook at www.facebook.com/EarlHeckCommunityCenter More information available on our webpage at: https://www.englwood.oh.us/187/Human-Services