







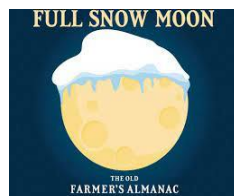
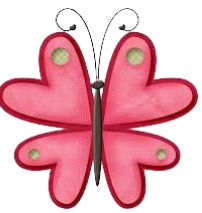

*Kaleidoscope  
Dance*



# February 2025



*Tai Chi  
& Well-Being*

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
|--|--|--|---|--|---|--|--|--|--|---|---|---|---|---|---|---|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|---|----------|--|--|--|--|--|--|---|---|---|---|---|---|---|--|--|--|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|--|---|--|---|
|                  |  | <table border="1"> <thead> <tr><th colspan="7">Jan 2025</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </tbody> </table> | Jan 2025  |  |   |  |  |  |  | S | M | T | W | T | F | S |  |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |  | <table border="1"> <thead> <tr><th colspan="7">Mar 2025</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table> | Mar 2025 |  |  |  |  |  |  | S | M | T | W | T | F | S |  |  |  |  |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |  |  |  |  |  |  |  | <p>1<br/><b>9:15 AM Crane Dance</b></p> |
| Jan 2025   |  |  |   |  |   |  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| S  | M  | T  | W   | T  | F   | S  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
|  |  |  | 1   | 2  | 3   | 4  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| 5  | 6  | 7  | 8   | 9  | 10  | 11   |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| 12   | 13   | 14   | 15  | 16   | 17  | 18   |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| 19   | 20   | 21   | 22  | 23   | 24  | 25   |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| 26   | 27   | 28   | 29  | 30   | 31  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| Mar 2025   |  |  |   |  |   |  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| S  | M  | T  | W   | T  | F   | S  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
|  |  |  |   |  |   | 1  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| 2  | 3  | 4  | 5   | 6  | 7   | 8  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| 9  | 10   | 11   | 12  | 13   | 14  | 15   |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| 16   | 17   | 18   | 19  | 20   | 21  | 22   |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| 23   | 24   | 25   | 26  | 27   | 28  | 29   |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| 30   | 31   |  |   |  |   |  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| <p>2<br/></p>    | <p>3<br/><b>6:00 PM Tai Chi Yang Form</b><br/><b>7:00 PM Tai Chi Swords</b></p>  | <p>4<br/><b>1:00 PM Gentle Tai Chi Sequences</b></p>   | <p>5</p>  | <p>6<br/></p> | <p>7<br/><b>1:00 PM Gentle Tai Chi Qigong</b></p>                                   | <p>8<br/><b>9:15 AM Crane Dance</b></p>  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| <p>9<br/><b>5:00 PM Open Floor Dance w/ Jaden</b></p>  | <p>10<br/><b>6:00 PM Tai Chi Yang Form</b><br/><b>7:00 PM Tai Chi Swords</b></p> | <p>11<br/><b>1:00 PM Gentle Tai Chi Sequences</b></p>  | <p>12<br/></p> | <p>13</p>  | <p>14<br/><b>1:00 PM Gentle Tai Chi Qigong</b><br/><i>HAPPY Valentine's DAY</i></p> | <p>15<br/><b>9:15 AM Crane Dance</b><br/><b>7:00 PM Winter Showtime</b></p>  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| <p>16<br/></p> | <p>17<br/><b>6:00 PM Tai Chi Yang Form</b><br/><b>7:00 PM Tai Chi Swords</b></p> | <p>18<br/><b>1:00 PM Gentle Tai Chi Sequences</b></p>  | <p>19</p>   | <p>20</p>  | <p>21<br/><b>1:00 PM Gentle Tai Chi Qigong</b></p>                                  | <p>22<br/><b>9:15 AM Crane Dance</b><br/></p> |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |
| <p>23<br/><b>5:00 PM Open Floor Dance w/ Jaden</b></p>   | <p>24<br/><b>6:00 PM Tai Chi Yang Form</b><br/><b>7:00 PM Tai Chi Swords</b></p> | <p>25<br/><b>1:00 PM Gentle Tai Chi Sequences</b></p>  | <p>26</p>   | <p>27<br/><b>7:30 PM Sound Meditation</b></p>  | <p>28<br/><b>1:00 PM Gentle Tai Chi Qigong</b></p>                                  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |   |  |   |