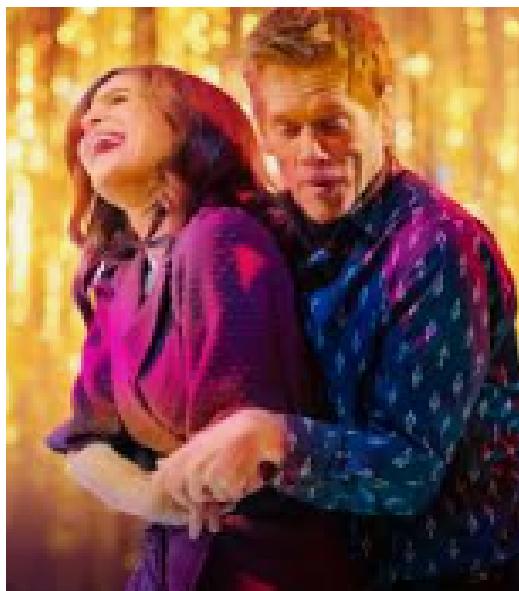


## MONTHLY MATINEE MOVIES

Bring your friends and enjoy watching a movie on a big screen.  
\$1 suggested donation for popcorn.

### THE BEST YOU CAN

**Day:** Tuesday  
**Date:** February 10  
**Time:** 1:30pm  
**Length:** 1 hr. 42 min.  
**Rated:** R  
**Genre:** Comedy/Drama  
**Cast:** Kevin Bacon & Kyra Sedgwick



### ONE BATTLE AFTER ANOTHER

**Day:** Tuesday  
**Date:** February 24  
**Time:** 1:30pm  
**Length:** 2 hrs. 41 min.  
**Rated:** R

**Genre:** Drama/Action  
**Cast:** Leonardo DiCaprio, Teyana Taylor, Sean Penn



**FOAS Monthly Meeting:** Monday, Feb 2, 11:30am @ Albany Senior Center

Grab your favorite midday beverage and attend the Friends of Albany Seniors (FOAS) monthly meeting. Everyone is welcome to join in this wonderful opportunity to socialize and stay in touch with friends. The meeting includes an overview of Senior Center programming and discussion on next steps for FOAS.

# SENIOR CENTER MONTHLY PROGRAMS

FEBRUARY 2026



- **Senior Center HOLIDAY Closure:**
  - Monday, February 16 – President's Day Holiday
- **Senior Center Paratransit Workshop:** February 20, 1:30–2:30 pm
- **FOAS Pancake Breakfast:** Saturday, February 21, 9:00 am – Noon
- **Albany Kids & Family Expo:** Saturday, February 28, 1:00–4:00 pm  
Albany Community Center, 1249 Marin Avenue

For inquiries, registration, scheduling appointments, and programming

Please contact the Senior Center at (510)524-9122



12-1pm:  
Daily  
Lunch

# February 2026

## Services & Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10A Shopping 10:30A-12P Meals On Wheels	3 9A-2:30P Hiking Trip	4 10:30A-12P Meals On Wheels Appt: HICAP Counseling	5 10A Shopping Tech 1-on-1 Appts 1-4P AARP Tax Aid Appts 1-4P	6 10:30A-12P Meals On Wheels
9 10A Shopping 10:30A-12P Meals On Wheels	10 9A-2:30P Hiking Trip 1:30P Matinee Movie	11 10:30A-12P Meals On Wheels	12 10A Shopping Tech 1-on-1 Appts 1-4P AARP Tax Aid Appts 1-4P	13 10:30A-12P Meals On Wheels Lunch Troupe 10A-3:00P San Francisco Chinatown
16 Senior Center Closed	17 9A-2:30P Hiking Trip	18 Travel Troupe 8:30A-4:30P Graton Casino Appt: HICAP Counseling	19 10A Shopping Tech 1-on-1 Appts 1-4P AARP Tax Aid Appts 1-4P	20 10:30A-12P Meals On Wheels Paratransit Workshop 1:30-2:30P
23 10A Shopping 10:30A-12P Meals On Wheels	24 9A-2:30P Hiking Trip 1:30P Matinee Movie	25 10A Shopping 10:30A-12P Meals On Wheels	26 Tech 1-on-1 Appts 1-4P AARP Tax Aid Appts 1-4P	27 10A: Shopping 10:30A-12P Meals On Wheels

★ 9:30-11:30am  
Mercy Brown  
Bag Pick Up

# February 2026

## Socials

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>World Affairs</b> 10-11:30am	<b>Needlecraft &amp; Beading</b> 9:30am-12pm	<b>Women's Balkan Dancing</b> 10-11:15am	<b>Painting</b> 10am-12pm	<b>Folk Dancing</b> 10-11:30am
<b>Spanish Conversation</b> 10-11am	<b>Move, Groove &amp; Thrive</b> 9:30-10:30am	<b>Pop Up Ping Pong</b> 1:30-3pm	<b>Mahjong &amp; Games</b> 1-3pm	<b>French Conversation</b> 11:30am-12:30pm
<b>Senior Center Walks</b> 1-2pm	<b>Morning Stretches</b> 10-11am	<b>The Awe in Improv</b> 3:30-5pm	<b>Poetry Can Be Easy</b> 1-2:30pm	<b>Ukulele Jam</b> 1:30pm-3pm
<b>Memoir Writing</b> 1-3pm	<b>Pop Up Ping Pong</b> 1:30-3pm			

## February 2026 • Classes

Gentle Tai Chi classes are held at the Community Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Gentle Tai Chi</b> 10:30-11:30am  <b>Demystifying Nutrition Controversies</b> 3:30-5pm		<b>Watercolor Workshop</b> 9:45-11:45am  <b>Gentle Tai Chi</b> 10:30-11:30am  <b>Rosen Movement</b> 12:15-1:15pm  <b>Weight &amp; Balance Training</b> 3-3:45pm	<b>Watercolor Workshop</b> 9:45-11:45am  <b>Gentle Tai Chi</b> 10:30-11:30am  <b>Rosen Movement</b> 12:15-1:15pm  <b>Weight &amp; Balance Training</b> 3-3:45pm	<b>Rosen Method</b> 9:30-10:30am  <b>Gentle Tai Chi</b> 10:30-11:30am