

# February 2026

## Active Aging Center

210 Vincit St. Centreville, MD 21617  
443-262-9994 • bbennan@qac.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pool & Sauna 9:00-10:00 Mexican Train Dominoes 9:30 Wellness Center 10:00-11:00 Paracise™ 10:00 Walking Track 11:00-12:00 Enhance Fitness® 11:00 • Lunch 12:00 ** Cribbage 1:00	3 Pool & Sauna 9:00-10:00 Wellness Center 10:00-11:00 Tandem Program 11:00-12:00 • Walking Track 11:00-12:00 Lunch 12:00** Open Exercise 1:00-2:00 ***	4 Pool & Sauna 9:00-10:00 Thrive™ 9:30 - 10:15 Wellness Center 10:00-11:00 Aqua Zumba® 10:00-11:00 Walking Track 11:00-12:00 Enhance Fitness® 11:00 • Lunch 12:00** Money Bingo 1:00 *	5 Pool & Sauna 9:00-10:00 Wellness Center 10:00-11:00 Walking Track 11:00-12:00 Tandem Program 11:00-12:00 • Lunch 12:00 ** Open Gym 1:00-2:00 • Open Exercise 1:00-2:00 ***	6 Zumba GOLD® 10:15 S.E.A.T. 11:00 Enhance Fitness® 11:00 • Lunch 12:00 ** Canasta 12:30
9 Pool & Sauna 9:00-10:00 Mexican Train Dominoes 9:30 Wellness Center 10:00-11:00 Paracise™ 10:00 Walking Track 11:00-12:00 Enhance Fitness® 11:00 • <u>Medication Tips 11:30</u> Lunch 12:00 ** Cribbage 1:00	10 Pool & Sauna 9:00-10:00 Wellness Center 10:00-11:00 Tandem Program 11:00-12:00 • Walking Track 11:00-12:00 Lunch 12:00** Open Exercise 1:00-2:00 ***	11 Pool & Sauna 9:00-10:00 Thrive™ 9:30 - 10:15 Wellness Center 10:00-11:00 Aqua Zumba® 10:00-11:00 Walking Track 11:00-12:00 Enhance Fitness® 11:00 • Lunch 12:00** Money Bingo 1:00 *	12 Pool & Sauna 9:00-10:00 <u>Community Wellness 9:00-11:00</u> Wellness Center 10:00-11:00 Walking Track 11:00-12:00 Tandem Program 11:00-12:00 • Lunch 12:00 ** Open Gym 1:00-2:00 • Open Exercise 1:00-2:00 ***	13 Zumba Toning® 10:15 S.E.A.T. 11:00 Enhance Fitness® 11:00 • <u>Birthday Potluck 12:00 **</u> Canasta 12:30
16  <b>Closed for Presidents' Day</b>	17 Pool & Sauna 9:00-10:00 • Wellness Center 10:00-11:00 Walking Track 11:00-12:00 Tandem Program 11:00-12:00 • Lunch 12:00** Open Exercise 1:00-2:00 *** <u>Caregiver Support Group 1:00</u>	18 Pool & Sauna 9:00-10:00 Thrive™ 9:30 - 10:15 Wellness Center 10:00-11:00 Aqua Zumba® 10:00-11:00 Walking Track 11:00-12:00 Enhance Fitness® 11:00 • Lunch 12:00** Money Bingo 1:00 *	19 Pool & Sauna 9:00-10:00 Wellness Center 10:00-11:00 Walking Track 11:00-12:00 Tandem Program 11:00-12:00 • Lunch 12:00 ** Open Gym 1:00-2:00 • Open Exercise 1:00-2:00 ***	20 Zumba GOLD® 10:15 S.E.A.T. 11:00 Enhance Fitness® 11:00 • Lunch 12:00 ** Canasta 12:30
23 Pool & Sauna 9:00-10:00 Mexican Train Dominoes 9:30 Wellness Center 10:00-11:00 Paracise™ 10:00 Walking Track 11:00-12:00 Enhance Fitness® 11:00 • Lunch 12:00 ** Cribbage 1:00	24 Pool & Sauna 9:00-10:00 Wellness Center 10:00-11:00 Walking Track 11:00-12:00 Tandem Program 11:00-12:00 • <u>Puzzle &amp; Book Swap 11:00-1:00</u> Lunch 12:00 ** Open Exercise 1:00-2:00 ***	25 Pool & Sauna 9:00-10:00 Thrive™ 9:30 - 10:15 Wellness Center 10:00-11:00 Aqua Zumba® 10:00-11:00 Walking Track 11:00-12:00 Enhance Fitness® 11:00 • Lunch 12:00** <u>Special Bingo 1:00 * •</u>	26 Pool & Sauna 9:00-10:00 Wellness Center 10:00-11:00 Walking Track 11:00-12:00 Tandem Program 11:00-12:00 • Lunch 12:00 ** Open Gym 1:00-2:00 • Open Exercise 1:00-2:00 ***	27 Zumba Toning® 10:15 S.E.A.T. 11:00 Enhance Fitness® 11:00 • Lunch 12:00 ** Canasta 12:30

### Class and activity dates and times are subject to change.

\*Indicates there may be a fee.

\*\*Lunch must be reserved two weeks in advance.

A 10 person minimum for the day is required to order.

\*\*\*Pool, Wellness Center, Walking Track

▸ Designated area only

• Registration required.

### Active Aging/Senior Center Winter Weather Policy:

- When schools are late due to weather, the Active Aging/Senior Centers will open with classes on time.
- When schools are closed due to weather, the Active Aging/Senior Centers will be open, but no classes, meals, or transportation to the center that day.
- When Queen Anne's County Government is operating on a delayed opening, Active Aging/Senior Centers will open at 10:00 AM.
- When Queen Anne's County Government is closed, Active Aging/Senior Centers will be closed.