



FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 SOAR Explorers Outing: In Search of Eagles 8-10am *Please register.
2	3 *Balance, Strength & Stretch w/ Cindy 10-11am Cool Beads 11am- 12:30pm SOAR Reads! Book Club 1-3pm *Tai Chi Eve 4-5pm	4 *Chair Yoga 11am-12pm Bunco 1-3pm Euchre 1-3pm	5 Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm SOAR Advisory Mtg. 1-2:30pm Canasta 1:30-3:30pm	6 *Tai Chi 9:30-10:30am BYO Lunch & Bingo (\$3) 12-2:30pm Supper Club@Winestock *Must pre-register. 5-7pm *Meet at Winestock on the Square	7 *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm *Chair Yoga 1pm-2pm Pinochle 1-3:30pm	8
9	10 *Balance, Strength & Stretch w/ Cindy 10-11am DASH Diet & Your Heart - NW Med 1-2:30pm *Please pre-register. SOAR Explorers Mtg. 1-2:30pm *Tai Chi Eve 4-5pm	11 *Chair Yoga 11am-12pm The Breakfast Club for Men @Wendy's 8-9:30am Brown Bag Lunch & Movie 1-3pm *Please pre-register. Euchre 1-3pm	12 Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm WORKSHOP WEDNESDAY Property Tax Relief and Important Related Info 1-2:30pm *Please pre-register. Canasta 1:30-3:30pm	13 *Tai Chi 9:30-10:30am Taco Bowl Lunch (\$5) & Bingo (\$3) 12-2:30pm *Must pre-register and pre-pay. TRIVIA NIGHT @ Stage Left Cafe 7-9pm *Please pre-register.	14 *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm *Chair Yoga 1pm-2pm Pinochle 1-3:30pm <i>Valentine's Day</i>	15 SOAR Explorers Outing: GUIDED MEDITATION@ BLUE LOTUS TEMPLE 11am-12am *Please register.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17 PRESIDENTS' DAY SOAR is closed.	18 *Chair Yoga 11am-12pm Bunco 1-3pm Euchre 1-3pm Jen's DIY Workshop: Creative Heart Studio 2-3:30pm *Please pre-register and pre-pay.	19 Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm EVERYTHING FIBER! 1-3:30pm <i>*Sign up, and bring your projects!</i> Canasta 1:30-3:30pm	20 *Tai Chi 9:30-10:30am BYO Lunch & Bingo (\$3) 12-2:30pm <i>Social Hour</i> @Kishwaukee Valley Brewery 5-7pm *Please pre-register at SOAR. *Meet at the Brewery.	21 *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm *Chair Yoga 1pm-2pm Pinochle 1-3:30pm	22
23	24 *Balance, Strength & Stretch w/Cindy 10-11am *Tai Chi Eve 4-5pm	25 *Chair Yoga 11am-12pm Brown Bag Lunch & Movie 1-3pm *Please pre-register. Euchre 1-3pm	26 Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm LUNCH DATE @ 3 Bros 11:00-1:00pm *Must pre-register. *Meet at the restaurant. Canasta 1:30-3:30pm	27 *Tai Chi 9:30-10:30am Pizza & Salad Lunch (\$5) & Bingo (\$3) 12-2:30pm *Must pre-register and pre- pay.	28 *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm *Chair Yoga 1pm-2pm Pinochle 1-3:30pm	1-21-25

SOAR@Dorr is located in the Dorr Township Building at 1039 Lake Ave, Woodstock. The SOAR entrance is on the **west** side of building.

Hours: 9-4pm Monday-Friday. Evening /Weekend activities are as noted on the calendar.

All wellness/fitness classes are \$5 per class, but try your first one of each type for free!

A \$25, 8-punch fitness pass is available. It does not expire, and is transferable to all fitness/wellness classes.

Questions? Call: 815-338-0125, Ask for: Laura Wassinger, Director of Programs or Lynda Rohe, Director of Services

Email: lauraw@dorrtownship.com or lynda@dorrtownship.com

Website: www.dorrtownship.com/soar@dorr