

February 2026

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January 2026

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February 2026

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March 2026

| S | M | T | W | T | F | S |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|-----------|--|-----------------------------------|---------------------------------------|
| | 1 ■ 5:00PM Line Dancing Class | 2 ■ 6:15PM Line Dancing Class | 3 | 4 ■ 12:00PM Lunch and Learn: Planning Your Agribusiness ■ 5:30PM NAMI Sharing Hope Community Conversation ■ 6:30PM Creating Opportunities for Personal Empowerment (COPE) Mental Health Education Series ■ 6:30PM Creating Opportunities for Personal Empowerment (COPE) Mental Health Education Series | 5 ■ 6:15PM Line Dancing Class | 6 ■ 10:00AM Give Kids a Smile Day |
| 8 ■ 5:00PM Line Dancing Class ■ 6:30PM Eating Well with Chef Cordell Cooking Series | 9 ■ 1:00PM Hands Only CPR + Life's Essential 8 Heart Month Presentation ■ 6:15PM Line Dancing Class | 10 ■ 11:00AM Healthy Relationships Education Session | 11 | 12 ■ 12:00PM Lunch and Learn: Preparing Local Foods ■ 1:00PM Resilience & Thriving: The Secret Power of Stress ■ 6:30PM Creating Opportunities for Personal Empowerment (COPE) Mental Health Education Series | 13 ■ 6:15PM Line Dancing Class | 14 |
| 15 ■ 5:00PM Line Dancing Class | 16 ■ 6:00PM Simple Steps to a Healthier You: Nutrition Education Series ■ 6:15PM Line Dancing Class | 17 | 18 | 19 ■ 12:00PM Lunch and Learn: The Power of Buying Local Foods ■ 1:00PM QPR Suicide Prevention Training ■ 5:30PM Young Adult Mental Health Mixer ■ 6:30PM Creating Opportunities for Personal Empowerment (COPE) Mental Health Education Series ■ 6:30PM Guiding Healthy Minds: Supporting Youth in Responsible AI Relationships | 20 ■ 6:15PM Line Dancing Class | 21 ■ 12:00PM Destress Davidson |
| 22 ■ 5:00PM Line Dancing Class | 23 ■ 6:15PM Line Dancing Class | 24 | 25 | 26 ■ 12:00PM Lunch and Learn: Preserving Local Foods ■ 6:30PM Creating Opportunities for Personal Empowerment (COPE) Mental Health Education Series ■ 6:30PM Psychology for All – Services for Free or Low Cost | 27 ■ 6:15PM Line Dancing Class | 28 ■ 9:00AM Yoga for Mental Health |