

# Bonita Bay Community Activities Calendar

# FEBRUARY 2025

SUN

MON

TUE

WED

THU

FRI

SAT

						1
2	<p>3</p> <p>9am Yoga &amp; Stretch for Fitness (1/4)</p> <p>10:15am Tai Chi (1/4)</p> <p>12pm Open Play</p> <p>2pm Digital Currencies: The Future of Money</p> <p>2:30pm Foundations of Yoga (1/4)</p> <p>4pm Yoga Flow (1/4)</p>	<p>4</p> <p>8:45am Pilates Fusion (1/4)</p> <p>10am Chair Dance Yoga (1/4)</p> <p>10am Intermediate I Bridge (4/8)</p> <p>11:15am Hatha Yoga (1/4)</p> <p>2pm Bereavement: Moving Forward Beyond Loss</p>	<p>5</p> <p>9:30am Breath Work &amp; Singing Bowls</p> <p>10am Intermediate II Bridge (4/8)</p> <p>1pm Beginning Bridge (4/8)</p> <p>1pm Retirement Planning &amp; Taxes</p> <p>3pm Strategies Mah Jongg (1/4)</p>	<p>6</p> <p>9am Chair Yoga &amp; Mindful Movement (1/4)</p> <p>10:15am Meditation (1/4)</p> <p>11am Gentle Flow Yoga (1/4)</p> <p><b>11am - 2pm BARK FEST</b></p> <p>2pm Germany &amp; Israel: Story of Guilt &amp; an Unlikely Friendship</p> <p>2:30pm Foundations of Yoga (1/4)</p> <p>4pm Yoga Flow (1/4)</p>	<p>7</p> <p>9am Beginners Mah Jongg (4/6)</p> <p>9am CPR class</p> <p>12pm Open Play</p> <p>3pm US &amp; World Economies: Comparative Analysis</p> <p><b>5pm Food Truck "FRI-YAYS" at Estero Bay Park</b></p>	8
9	<p>10</p> <p>9am Kayak Tour</p> <p>9am Yoga &amp; Stretch for Fitness (2/4)</p> <p>10am Wearable Health Devices</p> <p>10:15am Tai Chi (2/4)</p> <p>12pm Open Play</p> <p>2pm Artistic Inspiration of Francis of Assisi</p> <p>2:30pm Foundations of Yoga (2/4)</p> <p>4pm Yoga Flow (2/4)</p>	<p>11</p> <p>8:45am Pilates Fusion (2/4)</p> <p>10am Chair Dance Yoga (2/4)</p> <p>10am Intermediate I Bridge (5/8)</p> <p>11:15am Hatha Yoga (2/4)</p> <p><b>5pm Movie Night in Estero Bay Park</b></p>	<p>12</p> <p>9:30am Breath Work &amp; Singing Bowls</p> <p>10am Intermediate II Bridge (5/8)</p> <p>1pm Beginning Bridge (5/8)</p> <p>2:30pm A View from the Bench</p> <p>3pm Strategies Mah Jongg (2/4)</p>	<p>13</p> <p>9am Chair Yoga &amp; Mindful Movement (2/4)</p> <p>10am Sustaining a Healthy Gut Microbiome</p> <p>10:15am Meditation (2/4)</p> <p>11am Gentle Flow Yoga (2/4)</p> <p>2pm Beautiful Roseate Spoonbills</p> <p>2:30pm Foundations of Yoga (2/4)</p> <p>4pm Yoga Flow (2/4)</p> <p>4:45pm Sunset Cruise</p>	<p>14</p> <p>9am Beginners Mah Jongg (5/6)</p> <p>10am iPhone/iPad iOS 18 Boot Camp - Apples Newest &amp; Most Powerful Operating System (Part 2)</p> <p>12pm Open Play</p>	15
<p>16</p> <p><b>2pm Bay Breeze Concert: Dueling Pianos</b></p> 	<p>17</p> <p>9am Yoga &amp; Stretch for Fitness (3/4)</p> <p>10am Presidential Assassinations</p> <p>10:15am Tai Chi (3/4)</p> <p>12pm Open Play</p> <p>2pm Navigating Nutrition in a Nutrient-Deficient Environment</p> <p>2:30pm Foundations of Yoga (3/4)</p> <p>4pm Yoga Flow (3/4)</p>	<p>18</p> <p>8:45am Pilates Fusion (3/4)</p> <p>10am Chair Dance Yoga (3/4)</p> <p>10am Intermediate I Bridge (6/8)</p> <p>11:15am Hatha Yoga (3/4)</p> <p>3pm Wildflowers in Southwest Florida</p>	<p>19</p> <p>10am Intermediate II Bridge (6/8)</p> <p>1pm Beginning Bridge (6/8)</p> <p>2pm Alzheimer's or FTD? Similarities &amp; Differences</p> <p>3pm Strategies Mah Jongg (3/4)</p>	<p>20</p> <p>9am Chair Yoga &amp; Mindful Movement (3/4)</p> <p>10:15am Meditation (3/4)</p> <p>11am Gentle Flow Yoga (3/4)</p> <p>2:30pm Foundations of Yoga (3/4)</p> <p><b>2:30pm BBCA Board Meeting</b></p> <p>3pm Acrylic Pour Painting Class</p> <p>4pm Yoga Flow (3/4)</p>	<p>21</p> <p>9am Beginners Mah Jongg (6/6)</p> <p>10am Crime in America: Why Do People Commit Crime?</p> <p>12pm Open Play</p> <p>2:30pm Ukraine: Putin's Goals &amp; Insights into the Russian Character</p>	22
23	<p>24</p> <p>9am Kayak Tour</p> <p>9am Yoga &amp; Stretch for Fitness (4/4)</p> <p>10am New Rules &amp; Opportunities for Retirement Accounts</p> <p>10:15am Tai Chi (4/4)</p> <p>12pm Open Play</p> <p>2:30pm Foundations of Yoga (4/4)</p> <p>4pm Yoga Flow (4/4)</p>	<p>25</p> <p>8:45am Pilates Fusion (4/4)</p> <p>10am Chair Dance Yoga (4/4)</p> <p>10am Intermediate I Bridge (7/8)</p> <p>11:15am Hatha Yoga (4/4)</p> <p>2pm Voyage to Mars</p>	<p>26</p> <p>9:30am Breath Work &amp; Singing Bowls</p> <p>10am Intermediate II Bridge (7/8)</p> <p>1pm Beginning Bridge (7/8)</p> <p>3pm Strategies Mah Jongg (4/4)</p> <p>4pm Egyptian Pyramids: Fact vs Fiction</p>	<p>27</p> <p>9am Chair Yoga &amp; Mindful Movement (4/4)</p> <p>10am Lighthouses &amp; Lightships</p> <p>10:15am Meditation (4/4)</p> <p>11am Gentle Flow Yoga (4/4)</p> <p>2:30pm Foundations of Yoga (4/4)</p> <p>2:30pm - 6 Ways to Boost Your Brain Power</p> <p>4pm Yoga Flow (4/4)</p>	<p>28</p> <p>12pm Open Play</p> <p>2pm Unspoiled Will Spoil You</p>	