

FEBRUARY 2018 ACTIVITIES



MON	TUE	WED	THU	FRI
<p>(A) = Auditorium (D) = Dining Room</p>			<p>1. 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>2. Will the Groundhog see his shadow? 10-12 Cards/Games 11:15-11:45 Gentle Stretching (A) 12:00 Lunch 1:00 Cards/Games 6:30 Line Dancing</p>
<p>5. 10-11 Q&A/Tech Help 10-12 Cards/Games 10:30 Participants Council Meeting 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 1-3 Food Box Pickup 2-3 Q&A/Tech Help</p>	<p>6. 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games 11:00 Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 National Frozen Yogurt Day! 4:30 Zumba</p>	<p>7. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10-11 Q&A/Tech Help 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>8. 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games 12:00 Lunch 1:00 Blind Association Presentation "The Digital Talking Book Machine" w/Pat 4:30 Zumba</p>	<p>9. National Bagel Day! 9:00-2:00 AARP Tax Preparation by appt. 10-12 Cards/Games 11:15-11:45 Gentle Stretching (D) 12:00 Lunch 1:00 Cards/Games</p>
<p>12. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help</p>	<p>13. 9:30-11:30 Crafts 9:00 Jane Freeman 10:00 SilverSneakers 10-12 Cards/Games 11:00 Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 LINE DANCING 4:30 Zumba</p>	<p>14. Happy Valentine's Day! Congenital Heart Defect Awareness Day! Wear Something Red! 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10-11 Q&A/Tech Help 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>15. 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>16. Random Acts of Kindness Day 9:00-2:00 AARP Tax Preparation by appt. 10-12 Cards/Games 11:15-11:45 Gentle Stretching (D) 12:00 Lunch 1:00 Making Sense of Carbohydrates w/ Barbara 6:30 Line Dancing</p>
<p>19. CLOSED TODAY President's Day</p>	<p>20. 9:30-11:30 Crafts 9:00 Jane Freeman 10:00 SilverSneakers 10-12 Cards/Games 11:00 Practice Tai Chi 12:00 Lunch 1:00 Bayada Heart Health w/ Sarah 3:00 Center Board Mtg. 4:30 Zumba</p>	<p>21. Birthday Party 8:30-11:30 Paint Class 9-12 Reflexology 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Bonworth Fashion Show 7:00 Medicare 101 w/ Sally Arter</p>	<p>22. 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>23. 9-2:00 AARP Tax Preparation by appt. 10-12 Cards/Games 11:15-11:45 Gentle Stretching (D) 12:00 Lunch 1:00 Bingo</p>
<p>26. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help</p>	<p>27. 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games 11:00 Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Abuse, Neglect, & Financial Exploitation w/ Nancy 1:00 LINE DANCING 4:30 Zumba</p>	<p>28. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10-11 Q&A/Tech Help 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 1:00 Audiologist by appt. 2:00 Q&A/Tech Help 7:00 Sowing Seeds Workshop</p>		