



Events and Activities

February 2023



Monday	9:30-10:30AM	Chair Yoga
	1:00-3:00PM	Afternoon Art
	12:30-3:00PM	Pinochle (<u>Looking for new players 😊!</u>)
Tuesday	9:30-10:30AM	Resistance Band Exercise
	10:15AM	BOCI (On hold until Spring 😊!)
	11:00-12:30	Lawyer NCOFA (1 st Tuesday of Each Month)
	12:30PM	Senior Club (1 st , and 3 rd , Tuesday of Each Month)
	12:30PM	Travel Club (4 th Tuesday of Each Month)
	1:00PM	Bridge (1 st Tuesday of Each Month)
	12:30-3:00PM	Euchre
Wednesday	9:30AM	Silver Sneakers
	10:30AM	Larks (<u>New Singers Gladly Welcomed 😊!</u>)
	1:00PM	BINGO
	12-3:00PM	Mahjongg
Thursday	9:00AM	Wood Carvers (<u>New Carvers Welcome 😊!</u>)
	8:30AM	Mahjongg
	1:00PM	Exercise with Kathy
	2-3:30PM	Grief Support Group (2 nd & 4 th Thursday of Each Month)
	2-3:30PM	Caregiver Support Group (On hold until Spring!)
Friday	9:00AM	Quilters, Knitters, and Crochet
	9:30AM	Chair Yoga
	12:30-3:00PM	Bridge (<u>Looking for new players 😊!</u>)

Please Contact the Senior Center (754-2071) For more information 😊!