

Monday	Tuesday	Wednesday	Thursday	Friday
				3
3	4 <i>3:00 pm Cooking with Brad "BLT Deviled Eggs" (1st & 3rd Tues.) Sign up—limit of 20</i>	5 <i>10:30 a.m. Talk Show "Using Technology to Aid in Caregiving "with Kristin from Visiting Angels</i>	6 <i>1:00 –2:00pm Open Door Time with Pat 1:30 p.m. Valentine activity with Siera from Humana. (1st Thursday) Sign up-limit of Limit 12</i>	7
<p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Flicka" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance-(Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am –11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500, Card Group-(Misc.) 1:00 pm Friday Dance</p> <p><i>Featuring "Jerry O'Dells Country Flavor Band"</i></p>
10 <i>9:30 am Grief Support (2nd Monday) 1:00 pm Birthday Party (2nd Monday) Hosts: Knitting & Crocheting and Open Craft Time Entertainment: Tim Frankl</i>	11 <i>1:30 p.m. Bracelets with BAM (Bickford Assisted Living & Memory Care) (2nd Tues.) (Limit of 15)</i>	12 <i>10:30 a.m. Talk Show "Smiling for Prizes" with Sarah Te Slaa- Morgan with Camp High Hopes 1:00 p.m. Genealogy Class (2nd Wed.)</i>	13 <i>1:00 –2:00 p.m. Open Door Time with Pat 1:30 p.m. Candle/Heart Project with Becky from Continental Springs (2nd Thursday) Sign up-limit of Limit 15</i>	14
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17 <i>11:45-12:30 p.m. Free Balance Screening with Lee from ATI Physical Therapy (3rd Monday)</i>	18 <i>9:30 a.m. Vet to Vet Cafe with Siouxland Hospice 3:00 p.m. Cooking with Brad " Cold Chicken Taco Salad" (3rd Thursday) 4:00 p.m. Alzheimer's Support Group (3rd Tuesday)</i>	19 <i>10:30 a.m. Talk Show "—To be Determined—"</i>	20 <i>11:00 a.m. New Member Coffee (3rd Thursday) 1:00 –2:00 p.m. Open Door Time with Pat</i>	21
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24 <i>1:00 p.m. – (4th Monday) Parkinson's Support Group</i>	25 <i>3:30 pm Movie Time with Touchstone "2019 New Release- Aladdin"</i>	26 <i>10:30 a.m. Talk Show "Winter/Spring Birds" with Theresa Kruid from Dorothy Pecaut</i>	27 <i>1:00 –2:00pm Open Door Time with Pat</i>	28
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