February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Valentine's Day		1 8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm Stol Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner	2 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Senior Companion Meeting 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Book Discussion Group 10:00 am Book Discussion Group 10:00 am Line Dance-(Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance-(Advanced) 11:00 am Line Dance-(Advanced) 11:00 am Line Dance-(Advanced) 11:00 am Cirbbage 12:00 pm Cribbage 12:00 pm Cribbage 12:00 pm Mah Jongg (beginners welcome) 12:30 pm Beginner Ballroom (Fee) 12:30 pm Penny Bingo 1:00 pm Sissy's Exercise Class 1:00 pm Ping Pong 1:00 pm Social Group	3 8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise (Advanced) 11:00 am Jazz Dancercise (Advanced) 11:00 am Karaoke 11:30 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Birar Cliff Physical Therapy 12:00 pm Bunco-\$1 entry 12:00 pm Cord / Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring 4 on the Road
6 12-1 pm Trivia 8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Belly Dancing 11:00 am Horder Shop lunch 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Bunco-\$1 entry 12:00 pm Sissy's Exercise Class 12:00 pm Prinochle 12:30 pm Bridge-Duplicate 1:00 pm Azria Balance Class	7 1-3 pm Cake Decorating Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:00 pm Mah Jongg (experienced players) 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong	8 8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Antipication of the Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm S00 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner	 9 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance (Advanced) 11:00 am Line Dance (Advanced) 11:00 am Cibbage 12:00 pm Cibbage 12:00 pm Mah Jongg (beginners welcome) 12:30 pm Beginner Ballroom (Fee) 12:30 pm Penny Bingo 1:00 pm Sissy's Exercise Class 1:00 pm Social Group 	10 10:30 am Genealogy Class (2nd Friday) 8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am Co.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise (Advanced) 11:00 am Jazz Dancercise (Advanced) 11:00 am Jazz Dancercise (Advanced) 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Briar Cliff Physical Therapy 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Mise. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring The Singer Family Band
13 12:30 pm Birthday Party (2nd Monday) Karaoke with Troy Cake donated by Charter Living 8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Cornhole 10:00 am Knitting & Crocheting 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Belly Dancing 11:00 pm Sissy's Exercise Class 12:00 pm Pinochle 12:00 pm Trivia 12:30 pm Bridge-Duplicate Scavenger Hunt Begins	14 2-4 pm 50's Jukebox Valentine's Day Party 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Choir Practice 11:00 am Choir Practice 11:00 am Loir Practice 11:30 am Mexican Train 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:00 pm Mah Jongg (experienced players) 12:30 pm Penny Bingo 12:30 pm Crafts with Diana: Nutcrackers 1:00 pm Ping Pong	15 8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 SilverSneakers Boom Exercise 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 Medigold Mercyone Medicare Plan 11:00 am-12:30 Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm Si00 Card Club 12:00 pm Bridge –Men 1:00 pm Coloring Corner Biscuits & Gravy	16 11:00 am Scam Prevention Class 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Line Dance (Intermediate) 10:00 am Line Dance (Advanced) 11:00 am Line Dance (Advanced) 11:00 am Line Dance (Advanced) 11:00 am Line Dance (Advanced) 11:00 am Cirbbage 12:00 pm Cribbage 12:00 pm Mah Jongg (beginners welcome) 12:30 pm Penny Bingo 1:00 pm Sissy's Exercise Class 1:00 pm Social Group	17 12:00 pm Sioux City Reads Talk Show 8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise (Advanced) 11:00 am Jazz Dancercise (Advanced) 11:00 am Jazz Dancercise (Advanced) 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Briar Cliff Physical Therapy 12:00 pm Bunco-\$1 entry 12:00 pm Sol Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance Featuring The Embers
20 12-1 Trivia 8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Belly Dancing 11:00 am -12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Bunco-\$1 entry 12:00 pm Binsey's Exercise Class 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 1:00 am Agric Polymon Class	21 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 Choir Practice 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dancercise 11:30 am Mazioan Train	22 8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Open Jam Session -\$1.00 Guests 11:30 am Open Jam Coffee Shop lunch 11:15 am Choir Practice 12:00 pm 500 Card Club 12:00 pm Bridge -Men	23 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Line Dance (Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance (Advanced) 11:00 am-Line Dance (Advanced) 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Mah Jongg (beginners welcome)	24 8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise (Advanced) 11:00 am Jazz Dancercise (Advanced) 11:00 am Karaoke 11:00 am Card Chub 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Mise.

1:00 pm Azria Balance Class	 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:00 pm Mah Jongg (experienced players) 12:30 pm Penny Bingo, Gladys as caller 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong 	1:00 pm Coloring Corner Biscuits & Gravy	12:00 pm Man Jongg (beginners welcome) 12:30 pm Penny Bingo 1:00 pm Sissy's Exercise Class 1:00 pm Ping Pong 1:00 pm Social Group	12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring The Huckleberrys
27 Parkinson's Support Group (4th Monday) 1:00 pm 8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi (Advanced) 11:00 am Eelly Dancing 11:00 am Helly Dancing 11:00 am Sissy's Exercise Class 12:00 pm Sissy's Exercise Class 12:00 pm Pinochle 12:30 pm Bridge-Duplicate	28 Crafts with Diana: Tumblers 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 Choir Practice 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Jazz Dancercise 11:00 pm Mah Jongg (experienced players) 12:30 pm Tap dancing 1:00 pm Painting Class 1:00 pm Ping Pong	1 8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilversSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am -12:30 pm Coffee Shop lunch 11:15 am Choir Practice 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner	2 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance (Advanced) 11:00 am Line Dance (Advanced) 11:00 am Line Dance (Advanced) 11:00 am Line Dance (Steas) 12:00 pm Cribbage 12:00 pm Cribbage 12:00 pm Mah Jongg (beginners welcome) 12:30 pm Penny Bingo 1:00 pm Sissy's Exercise Class 1:00 pm Social Group	3 8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am Chair Yoga with Kaye 10:00 am Chair Yoga with Kaye 10:00 am Jazz Dancercise (Advanced) 11:00 am Maraoke 11:00 am Karaoke 11:00 am Caraoke 11:30 am Open Bridge Group 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm S00 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> <i>Country Brew</i>