

February 2023

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
			10:30-11:15 Tai Chi 11:30-12:30 Soup Luncheon Drumming 1:30-2	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
5	6	7	8	9	10	11
	10-12:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up	10:30- 11:15 Tai Chi 11:30-12:30 Meet & Eat @ Hoagies Drumming 1:30-2	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
12	13	14	15	16	17	18
	10-12:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up 2:00 Valentine Paint and Sip	10:30- 11:15 Tai Chi 11:30-12:30 Soup Luncheon Drumming 1:30-2	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
19	20	21	22	23	24	25
	Closed in observance of Presidents Day	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up	10:30- 11:15 Tai Chi 11:30-12:30 Pizza Party Luncheon Drumming 1:30-2	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
26	27	28				
	10-12:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up				