

FEBRUARY 2024 ACTIVITIES

MON	TUE	WED	THU	FRI
			<p>1. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 10-12 Cards/Games 11:50 Lunch 12:45 Stretching Your Grocery Dollars 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p>	<p>2. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games</p> <p style="text-align: center; color: red;">Wear Red Day</p>
<p>5. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>6. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Weight Wise 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p>	<p>7. 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>8. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 10-12 Cards/Games 11:50 Lunch 12:45 ABC Bingo 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p>	<p>9. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>12. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>13. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Weight Wise 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p>	<p>14. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>15. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10:30-4 Dutch Apple Trip 11-1 Open Swim at YMCA 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p>	<p>16. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>19. CLOSED TODAY</p> <p>8:30 Gentle Stretching & Weight Lifting (OS)</p> <div style="text-align: center;">  </div>	<p>20. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Weight Wise 2-3 Q&A/Tech Help</p> <p>3pm Board of Directors Meeting</p> <p>4:30 Zumba</p>	<p>21. Birthday Party</p> <p>8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch 10-12 Constituent Outreach 11:45 Lunch 12:45 Entertainment: Chris Nestore NO Q&A/Tech Help</p>	<p>22. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p>	<p>23. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>26. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>27. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Weight Wise 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p>	<p>28. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>29. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 10-12 Cards/Games 11:50 Lunch 12:45 Petals Please 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p>	<p>(OS) = Off-Site ABC = Always Best Care</p>