



## Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10:00 Joint Exercise 11:30 Lunch A.L. Baptist—Heart Health 4:00 Zumba Gold	<b>2</b> 8:30 Groundhog Day Breakfast 9:00 Beginning Watercolor 11:30 Lunch A.L. Watercolor A.L. Senior Wellness Wii Balance Studio	<b>3</b> 10:00 Joint Exercise 11:30 Lunch A.L. Bingo 4:00 Zumba Gold	<b>4</b> 9:30 Coupon Game 11:30 Lunch A.L. VA-Benefit Presentation A.L. Senior Wellness Wii Balance Studio	<b>5</b> 8:30 Staffed Cardio Room 10:00 Joint Exercise 11:30 Lunch A.L. Movie & Pop-Corn 4:00 Zumba Gold	<b>6</b>
<b>7</b>	<b>8</b> 10:00 Joint Exercise 11:30 Lunch A.L. St Vincent's "25 Ways to feel better" 4:00 Zumba Gold	<b>9</b> 9:00 Beginning Watercolor 11:30 Lunch A.L. Watercolor A.L. Senior Wellness Wii Balance Studio	<b>10</b> 10:00 Joint Exercise 11:30 Lunch A.L. Bingo 4:00 Zumba Gold	<b>11</b> 10:00 Care Giver Support Group 10:00 Home Bound Visiting Starts 11:30 Lunch A.L. Protecting your Assets 6:30 AARP Meeting	<b>12</b> 10:00 Joint Exercise 11:30 Lunch— Valentine Party Pre Purchase Tickets \$4.00 4:00 Zumba Gold	<b>13</b>
<b>14</b>	<b>15</b> Closed For President's Day	<b>16</b> 9:00 Beginning Watercolor 11:30 Lunch A.L. Watercolor A.L. Senior Wellness Wii Balance Studio	<b>17</b> 10:00 Joint Exercise 11:30 Lunch A.L. Bingo 4:00 Zumba Gold	<b>18</b> 10:00-4:00 Quilting Class-Stack & Whack 11:30 Lunch A.L. Senior Wellness Wii Balance Studio	<b>19</b> 10:00 Joint Exercise 11:30 Lunch 2:00 Tea Party 4:00 Zumba Gold	<b>20</b>
<b>21</b>	<b>22</b> 10:00 Joint Exercise 11:30 Lunch A.L. Fire Dept.— Household Chemical & Poisoning Prevention 4:00 Zumba Gold	<b>23</b> 9:00 Beginning Watercolor 11:30 Lunch A.L. Watercolor A.L. Senior Wellness Wii Balance Studio	<b>24</b> 10:00 Joint Exercise 11:30 Lunch A.L. Bingo 4:00 Zumba Gold	<b>25</b> 10:00-4:00 Quilting Class- Stack & Whack A.L. Senior Wellness Wii Balance Studio	<b>26</b> 8:30 Hem & Mend Service 10:00 Joint Exercise 11:30 Lunch A.L. Household Bingo 4:00 Zumba Gold	<b>27</b>
<b>28</b>	Wii Hours Mon—Fri 9am– 11am					