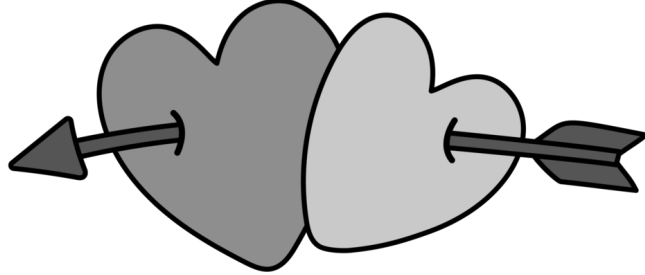


Monday			Tuesday			Wednesday			Thursday			Friday																	
<h1>February 2024</h1> 									Samba/Short Story 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Hiking Group 1:00 PM Zumba Gold 2:30 PM			Walking Group/Piano Lessons 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Foot Care—By Appointment																	
						01			02																				
Walking Group 9:00 AM Ceramics/Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			05			Wood Shop 9:00 AM Senior Circle 10:00 AM Beginner Line Dancing 10:00 AM Therapy Dogs 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Red Hats 1:00 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM			06			Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM ECHN Diabetes Feb. Session 10:00 AM Strength & Flex 10:00/11:00 AM Newcomer's Meeting 11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			07			Samba/Short Story 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Zumba Gold 2:30 PM			08			Walking Group/Piano Lessons 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM			09		
Walking Group 9:00 AM Ceramics/Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			12			Wood Shop 9:00 AM Senior Circle 10:00 AM Beginner Line Dancing 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Movie: Breakfast at Tiffany's 1:00 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM			13			Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Valentine's Day Lunch 11:30 AM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			14			Samba/Short Story 9:00 AM Scrabble 9:30 AM Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Hiking Group 1:00 PM Zumba Gold 2:30 PM			15			Walking Group/Piano Lessons 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Foot Care—By Appointment			16		
Senior Center Closed Washington's Birthday			19			Wood Shop 9:00 AM Paint Class 9:30 AM Senior Circle 10:00 AM Beginner Line Dancing 10:00 AM Book Group 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM			20			Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			21			Samba/Short Story 9:00 AM Scrabble 9:30 AM ECHN Financial Assistance 10:00 AM Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Zumba Gold 2:30 PM			22			Walking Group/Piano Lessons 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Podiatry—By Appointment			23		
			AARP Safe Driver Course 8:45 AM Walking Group 9:00 AM Ceramics/Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			26			Wood Shop 9:00 AM Senior Circle 10:00 AM Beginner Line Dancing 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM			27			Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Birthday Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			28			Samba/Short Story 9:00 AM Scrabble 9:30 AM Taking Medications as We Age 10:00 AM Cardio Drumming/Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Duplicate Bridge/Square Dance 12:30 PM Quilting / Hiking Group 1:00 PM Hand & Foot 1:00 PM Zumba Gold 2:30 PM			29			Available every day: 8:30 AM—4:15 PM Billiards Ping Pong		
Walking Group 9:00 AM Ceramics/Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			26			27			28			29																	