

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p><b>3</b></p> <p>11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	<p><b>4</b></p> <p>11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	<p><b>5</b></p> <p>10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games</p> <p>Chinese New Year</p>	<p><b>6</b></p> <p>10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics</p>	<p><b>7</b></p> <p>10am-BP Screening 11am-Heart Health 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)</p>	<p><b>8</b></p> <p>9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Dumplin'" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing</p>	<p><b>2</b></p> <p>Groundhog Day</p>
<p><b>10</b></p> <p>11am-Tai Chi 11:45am-Stretch and Strength 1pm-Alzheimer's Support Group 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	<p><b>11</b></p> <p>11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	<p><b>12</b></p> <p>11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft</p>	<p><b>13</b></p> <p>10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics</p>	<p><b>14</b></p> <p>10am-BP Screening 11am-Valentine's Day Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo</p> <p>Valentine's Day</p>	<p><b>15</b></p> <p>9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie - "Singin' in the Rain" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing</p>	<p><b>16</b></p>
<p><b>17</b></p> <p>11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p> <p>Presidents' Day (US)</p>	<p><b>18</b></p> <p>11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	<p><b>19</b></p> <p>10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games</p>	<p><b>20</b></p> <p>10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics</p>	<p><b>21</b></p> <p>10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)</p>	<p><b>22</b></p> <p>9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Life As We Know It" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing</p>	<p><b>23</b></p>
<p><b>24</b></p> <p>10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	<p><b>25</b></p> <p>10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics</p>	<p><b>26</b></p> <p>10am-BP Screening 11am-What Can Hospice Do For YOU 11:45am-Lunch(\$4) 1pm-Cards/Games</p>	<p><b>27</b></p> <p>10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics</p>	<p><b>28</b></p> <p>11am-Trivia Fun 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo</p>		