

February 2023 Program Calendar

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Virtual Classes are noted in green. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		8:00 Chess 1 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Medicare Counseling (by appt. only) 1:30pm Healthy Steps in Motion	9:00 Wood Carving 2 9:30 Stitch & Chat 10:00-11:00 Free Blood Pressure Screenings 10:00 White House Presentation 11:00-12:00pm Help Yourself to Healthy Living: Fall in Love with Your Heart! 12:00-1:00pm Lunch 12:30pm Bridge 1:30pm Tone & Balance (\$3)	3 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:30pm Stretch & Tone (\$3)
6 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	7 9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia 12:00-1:00pm Lunch 1:30pm Zumba (\$3)	8 8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:30pm Healthy Steps in Motion	9 9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 1:30pm Tone & Balance (\$3)	10 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:30pm Stretch & Tone (\$3) 2:30pm Happy Hour
13 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	14 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Storytime with Josephine 12:00-2:00pm Special Lunch: Senior Dance with The Birches and Photo Booth by Humana (\$8) 2:15pm Zumba (\$3)	15 8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:30pm Healthy Steps in Motion	16 9:00 Wood Carving 9:30 Legal Consultations (by appointment only) 9:30 Stitch & Chat 10:00am-1:00pm Black History Month Celebration and Themed Lunch 12:30pm Bridge 1:30pm Tone & Balance (\$3)	17 10:00 Wii Sports or Jeopardy 11:00-12:00pm Sip and Craft with Jodi (\$3) 12:00-1:00pm Lunch 1:30pm Stretch & Tone (\$3)
20 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	21 9:00-10:20 Haircuts (by appointment only) 9:30 Group Trivia 11:30-1:30pm Cash for Gold 12:00-1:00pm Lunch 1:30pm Zumba (\$3)	22 8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:30pm Healthy Steps in Motion	23 8:30-12:30pm AARP Driver Refresher Course (Fee) 9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 1:30pm Tone & Balance (\$3)	24 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:30pm Dizziness & Balance Presentation by Bill Murray of Ivy Rehab 2:30pm Happy Hour
27 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	28 9:30 Group Trivia 12:00-1:00pm Lunch 1:30pm Zumba (\$3)			