

FEBRUARY 2020 ACTIVITY CALENDAR

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
10:00 DANCE AEROBICS	9:15 BINGO	10:00 OSTEO EXERCISE W/ CHARLENE	9:15 BINGO <u>NO BINGO FEB. 20TH</u>	10:00 DANCE AEROBICS
10:30 SIT & STRETCH	9:30 PROJECT CARE FREE SCREENINGS BLOOD SUGAR & OXYGEN BLOOD PRESSURE WEIGHT	10:30 DANCE AEROBICS		10:30 ZUMBA GOLD
10:30 ZUMBA GOLD	9:30 TO 12:30 FEB. 18TH SR. ADVOCATE FRANK MASTERSON	10AM TO 12PM FEB. 12th HEARING SCREENINGS FREE HEARING AIDE CLEANING WITH MCGUIRE'S HEARING CENTER	11:30 TO 2:30 FEBRUARY 20TH VALENTINE'S DAY PARTY <u>YOU MUST PRE REGISTER</u> <u>BY FEB 18TH !!</u> <u>ASSIGNED SEATING !!</u>	10:30 SIT & STRETCH
12:30 MOVIE	10:00 CHAIR ZUMBA W/ IRINA	11:00 TO 12:00 FEB. 5, 12, 26 CHAIR YOGA		<u>FEBRUARY 14TH</u> <u>CENTER</u> <u>CLOSED</u>
1:00 LINE DANCING	<u>DO YOU KNOW A SENIOR</u> <u>WHO WOULD LIKE A</u> <u>FRIENDLY PHONE CALL ?</u> <u>JOIN OUR</u> <u>"SKIT" PROGRAM</u> <u>"SENIORS KEEPING</u> <u>IN TOUCH"</u> <u>AND YOU WILL RECEIVE</u> <u>A FRIENDLY HELLO</u> <u>MONDAY THRU FRIDAY</u>	11:30 FEB. 12TH HIICAP 30 MINUTE INDIVIDUAL APPOINTMENTS MEDICARE INFO CALL FOR APPOINTMENT		12:30 REIKI CIRCLE <u>LAST FRIDAY</u> <u>OF EACH MONTH</u> IF YOU ARE ATTENDING PLEASE LET THE OFFICE KNOW!! THANK YOU!
<u>CENTER CLOSED</u> <u>FEBRUARY 17TH</u> <u>PRESIDENTS' DAY</u>		12:30 MOVIE		