



FEBRUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.</p>			<p><u>FEBRUARY 1</u> SilverSneakers 9:00 SilverSneakers 9:50 SilverSneakers 10:30 EXERCISE 10:30-11:15 CARD CLUB 12:30</p>	<p><u>FEBRUARY 2</u> BINGO 12:30</p>
<p><u>FEBRUARY 5</u> SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM) Life Alert Information 12:30 DARTBALL 12:30</p>	<p><u>FEBRUARY 6</u> EXERCISE 10:30-11:15 EUCHRE 12:30 BOARD MEETING 9:30</p>	<p><u>FEBRUARY 7</u> BIBLE STUDY 9:30 NATIONAL PIZZA DAY (PIZZA WILL BE SERVED AS WELL AS THE REGULAR MEAL) SENIOR LIFE BINGO 12:30</p>	<p><u>FEBRUARY 8</u> SilverSneakers 9:00 SilverSneakers 9:50 SilverSneakers 10:30 EXERCISE 10:30-11:15 CARD CLUB 12:30 (PICK UP SOUP)</p>	<p><u>FEBRUARY 9</u> BINGO 12:30 (PICK UP SOUP)</p>
<p><u>FEBRUARY 12</u> SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM) DARTBALL 12:30</p>	<p><u>FEBRUARY 13</u> EXERCISE 10:30—11:15 NAILS BY BARB EUCHRE 12:30</p>	<p><u>FEBRUARY 14</u> BIBLE STUDY 9:30 JACK NICORA & DJ MIKE DANCE AT 12:30</p> 	<p><u>FEBRUARY 15</u> SilverSneakers 9:00 SilverSneakers 9:50 SilverSneakers 10:30 Exercise 10:30 –11:15 CARD CLUB 12:30 TRIVIA CONTEST 12:30</p>	<p><u>FEBRUARY 16</u> BINGO 12:30</p>
<p><u>FEBRUARY 19</u> CENTER IS CLOSED</p> 	<p><u>FEBRUARY 20</u> EXERCISE 10:30—11:15 EUCHRE 12:30 SUPPORT GROUP 12:30</p>	<p><u>FEBRUARY 21</u> BIBLE STUDY 9:30 MOVIE 12:30 TBA</p>	<p><u>FEBRUARY 22</u> SilverSneakers 9:00 (Cardio) SilverSneakers 9:50 (Yoga) SilverSneakers 10:30 (MSROM) Exercise 10:30 –11:15 CARD CLUB 12:30</p>	<p><u>FEBRUARY 23</u> BINGO 12:30</p>
<p><u>FEBRUARY 26</u> SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM) DARTBALL 12:30</p>	<p><u>FEBRUARY 27</u> EXERCISE 10:30—11:15 NAILS BY BARB</p>	<p><u>FEBRUARY 28</u> BIBLE STUDY 9:30 SENIOR LIFE BINGO 12:30</p>	<p><u>FEBRUARY 29</u> SilverSneakers 9:00 (Cardio) SilverSneakers 9:50 (Yoga) SilverSneakers 10:30 (MSROM) Exercise 10:30 –11:15 CARD CLUB 12:30</p>	