

FEBRUARY 2019

Town and Country



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00. Dominoes & Coffee	2
3	4 10:00. Silver Sneakers	5 10:30. Zumba Stretch/Tone/Dance 11:30 Painting Class Snacks will be provided	6 9:15. Tai Chi Class @ Arbor Terrace Senior Living Facility	7 10:00. Silver Sneakers	8 11:00. Movies Day Love Movie 	9
10	11 10:00. Silver Sneakers	12 11:00. Healthy Talk Cardiovascular Doctor	13 9:30. Tai Chi Class	14 10:00. Silver Sneakers 11:00. Valentine's Potluck Bring enough to SHARE	15 10:00. Dominoes & Coffee	16
17	18 10:00. Silver Sneakers	19 10:30. Zumba Stretch/Tone/Dance	20 9:30. Tai Chi Class	21 10:00. Silver Sneakers	22 10:30. Bingo Game with Prizes	23
24	25 10:00. Silver Sneakers	26 10:00. Dominoes & Coffee	27 9:30. Tai Chi Class	28 10:00. Silver Sneakers		
		<p>Notes</p>  <p>FEBRUARY</p> <p>Daily Blood Pressure Screenings upon request. Fitness/Exercise Room available daily for Humana Gold Plus Patients. Coffee – Offered daily. Free Wi-Fi Access.</p>				