



FEBRUARY 2020

Town and Country



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 10:00. Silver Sneakers	4 10:30. Zumba Stretch/Tone/Dance	5 9:15. Tai Chi Class	6 10:00. Silver Sneakers	7 10:00. Yoga Class	8
9	10 10:00. Silver Sneakers	11 10:00. Yoga Class	12 9:30. Tai Chi Class	13 10:00. Silver Sneakers	14 11:00. Love Party music, games & more 	15
16	17 10:00. Silver Sneakers	18 10:30. Zumba Stretch/Tone/Dance	19 9:30. Tai Chi Class	20 10:00. Silver Sneakers	21 10:30. Cooking Class 10-minutes quesadilla	22
23	24 10:00. Silver Sneakers	25 10:00. Yoga Class	26 9:30. Tai Chi Class	27 10:00. Silver Sneakers	28 11:00. Show Time "The Kissing Booth" Movie	29
		Notes  FEBRUARY	Daily Blood Pressure Screenings upon request. Fitness/Exercise Room available daily for Humana Gold Plus Patients. Coffee – Offered daily. Free Wi-Fi Access.			