

Center for Active Living - Activity Calendar - February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	9
8:30am - Food Bank 8:30am - Cribbage 8:45am - Exercise Group 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm - Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Zumba Gold 8:30am - Cribbage 10am-2:30pm - AARP Tax Help 10am-Noon - Reiki Healing by appt. 1:00pm - Craft Club 1:00pm - Hand & Foot / Bridge 7:00pm - Whist	8-11:00am - Foot Care 8:30am - Cribbage 9:00am - Exercise Group 1:00-4:00pm - Hairdresser 1:00pm - Poker / Dominoes 5:00pm - Line Dancing	8:30am - Zumba Gold 8:30am - Cribbage 9:30 - Circuit Strength Training 1:00pm - Wii Bowling 1:00pm - Learn to Play Mahjong	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 12:45pm - Tai Chi 1:00pm - Dominoes / Mahjong		
9	10	11	12	13	14	15
8:30am - Food Bank 8:30am - Cribbage 8:45am - Exercise Group 9:30am - Circuit Strength Training 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm - Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Zumba Gold 8:30am - Cribbage 10am-2:30pm - AARP Tax Help 10am-Noon - Reiki Healing by appt. 10:15am - Cookie Decorating 1:00pm - Craft Club 1:00pm- Hand & Foot/ Bridge 7:00pm - Whist	8-11:40am - Foot Care 8:30am - Cribbage 8:45 - Breakfast Club 9:00am - Exercise Group 10:30am - Creative Card Making 1:00 -4:00pm - Hairdresser 1:00pm - Poker/Dominoes 5:00pm - Line Dancing	8:30am - Zumba Gold 8:30am - Cribbage 9:30am - Circuit Strength Training 10:45am- L&L Veteran Affairs 1:00pm - Wii Bowling 1:00pm - Learn to Play Mahjong 1:00pm - Org Mtg Men's Group 2:30pm - World Cinema 4:30pm - Drum Circle	VALENTINE'S DAY 8:30am - Cribbage 9:00am - Exercise Group 10:30am- Curt & Jen Entertainment 12:00pm - Valentine Luncheon 12:45pm - Tai Chi 1:00pm - Dominoes / Mahjong		
16	17	18	19	20	21	22
PRESIDENT'S DAY CLOSED	8:30am - Zumba Gold 8:30am - Cribbage 10am-2:30pm - AARP Tax Help 10am-Noon - Reiki Healing by appt. 10:30am - Blood Glucose 1:00pm - Craft Club 1:00pm - Hand & Foot / Bridge 2:15pm - Bowling Pizza Party 7:00pm - Whist	WELLNESS DAY 8-11:00am -Foot Care 8:30am - Cribbage 9:00am - Exercise Group 10:45am - L & L -Yoga 1:00 - 4:00pm - Hairdresser 1:00pm -Animal Friends w/Cochecho 1:00pm - Poker/Dominoes 5:00pm - Line Dancing	8:30am - Zumba Gold 8:30am - Cribbage 9:30am - Circuit Strength Training 10:30am - Intro Pickleball 1:00pm - Wii Bowling 1:00pm - Learn to Play Mahjong 5:00pm - Yoga	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 12:45pm - Tai Chi 1:00pm - Dominoes / Mahjong		
23	24	25	26	27	28	29
8:30am - Food Bank 8:30am - Cribbage 8:45am - Exercise Group 9:30am - Circuit Strength Training 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Zumba Gold 8:30am - Cribbage 10am-2:30pm - AARP Tax Help 10am-Noon - Reiki Healing by appt. Noon - Birthday Lunch 1:00pm - Craft Club 1:00pm - Hand & Foot / Bridge 3:45pm - Dinner Club 7:00pm - Whist	8-11:00am - Foot Care 8:30am - Cribbage 9:00am - Exercise Group 1:00 - 4:00pm - Hairdresser 1:00 - Poker/Dominoes 5:00pm - Line Dancing	BEACH PARTY DAY 8:30am - Zumba Gold / Cribbage 9:30am - Circuit Strength Training 10:30am - Seated Volleyball 1:00pm - Wii Bowling 1:00pm - Learn to Play Mahjong 1:15pm - Stone Art 4:30pm - Drum Circle 5:00pm - Yoga	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 12:45pm -Tai Chi 1:00pm - Dominoes / Mahjong		