

February Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 DINNER & 25 th ANNIVERSARY CELEBRATION	2 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi 6:00 Ukulele	3 9:00-11 Coffee Hour 10:30 Better Balance	4
5 7:30 AA	6 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner	7 9:00 Bone Builders 9:30 Painting Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	8 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	9 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi 1:00 Vintage Button Workshop	10 9:00-11 Coffee Hour 10:30 Better Balance	11
12 7:30 AA	13 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 3:00 Book Club	14 HAPPY VALENTINES DAY 9:00 Bone Builders 9:30 Painting Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	15 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 11:30 SASH Blood Pressure Screening 12:00 BIRTHDAY DINNER	16 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00-3:00 FOOT CLINIC 1:15 SUN 73 Tai Chi 6:00 Ukulele	17 9:00-11 Coffee Hour 10:30 Better Balance	18
19 7:30 AA	Closed for President's Day	21 9:00 Bone Builders 9:30 Painting Guild 10:30 Tai Chi Practice 12:30 NO Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	22 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	23 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi 2:00 Golden Years Discussion	24 9:00-11 Coffee Hour 10:30 Better Balance	25
26 7:30 AA	27 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 3:00 Book Club	28 9:00 Bone Builders 9:30 Painting Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA				

Refer to the program descriptions for details