







February 2024

- Bring-a-Friend Class!
- Intellectual
- † Spiritual
- ♥ Emotional
- ⇄ Physical

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Presidential Love Letters Join us on <u>Thursday, February 15th at 1:00pm</u> for some fun facts and history of Presidential Love Letters with local historian Jeri Diehl-Cusack!		1 11:00 Standing or Sitting Group Fitness with Lisa Berger ⇄ 1:00 ■ Music with Mary! ☕ 2:00 ■ Activity Calendar Review ☕	2 1:00 Standing or Sitting Tai Chi ⇄ 2:00 ■ Black History Month- Black Inventors 📖	3
4 All Events Are Subject to Change	5 10:30 Morning Meditation ♥ 11:00 Gentle Chair Yoga ⇄	6 11:30 Chaplain Corner with Wanda Jenkins † 1:00 ■ Bingo! ☕ 2:00 ■ Chair Volleyball ⇄	7 1:00 Intermediate Chair Yoga ⇄ 1:00 ■ Open Pool Table Time ☕ 2:00 ■ Painted and Hand Stamped Mason Jars ☕	8 10:00 ■ Optimal Life Workshop with Lisa Berger 📖 11:00 Standing or Sitting Group Fitness with Lisa Berger ⇄ 1:00 Mindfulness for Relaxation with Daron Larson 📖	9 12:00 ■ Black History Month- Black Pioneers 📖 1:00 Standing or Sitting Tai Chi ⇄	10 
11 	12 10:30 Morning Meditation ♥ 11:00 Gentle Chair Yoga ⇄ 12:00 ■ Senior Congregate Lunch with LifeCare Alliance ☕	13 12:00 ■ Senior Select Soup Cook-Off! ☕ 1:00 ■ Bingo! ☕ 2:00 ■ Line Dancing with Silver Souls Columbus	14 1:00 Intermediate Chair Yoga ⇄ 1:00 ■ Open Pool Table Time ☕ 2:00 ■ Valentine's Day Fun! ☕	15 11:00 Standing or Sitting Group Fitness with Lisa Berger ⇄ 1:00 ■ Presidential Love Letter with Jeri Diehl-Cusack 📖	16 1:00 Standing or Sitting Tai Chi ⇄ 2:00 ■ Black History Month- Black in Medicine 📖	17 The Talk of a Lifetime Continue our talk or start from the beginning as we answer some interesting question about our Lifetime! <u>Thursday, February 22nd at 2:00pm.</u>
18 	19 Presidents Day 10:30 Morning Meditation ♥ 11:00 Gentle Chair Yoga ⇄	20 11:30 Chaplain Corner with Wanda Jenkins † 1:00 ■ Bingo! ☕ 2:00 ■ Chair Volleyball ⇄	21 1:00 Intermediate Chair Yoga ⇄ 1:00 ■ Open Pool Table Time ☕ 2:00 ■ Team Trivia	22 11:00 Standing or Sitting Group Fitness with Lisa Berger ⇄ 1:00 ■ Music with Mary! ☕ 2:00 ■ The Talk of a Lifetime with Emily ☕	23 1:00 Standing or Sitting Tai Chi ⇄ 2:00 ■ Black History Month- Memorable Events 📖	24 
25 Chair Volleyball Have some fun and enjoy the laughs with other members as you play chair volleyball! Remember the one cheek rule! <u>Tuesday, February 6th and Tuesday, February 20th at 2:00pm.</u>	26 10:30 Morning Meditation ♥ 11:00 Gentle Chair Yoga ⇄ 12:00 ■ Senior Congregate Lunch with LifeCare Alliance ☕	27 1:00 ■ Bingo! ☕ 2:00 ■ Card Making with Valerie ☕	28 1:00 Intermediate Chair Yoga ⇄ 1:00 ■ Open Pool Table Time ☕ 2:00 ■ Armchair Travel- Liberia (Special Guest Elio Harmon) 📖	29 11:00 Standing or Sitting Group Fitness with Lisa Berger ⇄ 1:00 ■ No Bake Kitchen ☕	Coming Up in March! <u>Friday, March 1st-</u> Standing or Sitting Tai Chi <u>Monday, March 4th-</u> Activity Calendar Review <u>Tuesday, March 5th-</u> Bingo!	Armchair Travel- Liberia Join Elio Harmon for Black History Month as we travel to his home country of Liberia! <u>Wednesday, February 28th at 2:00pm!</u>