



FEBRUARY

2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am	
4	5	6	7	8	9	10
	Fitness Room open Mon-Fri 9am to 12pm 1:00pm-3:00pm Blood pressure reading 10:00am-11:00am GARDEN CLUB @ 1PM	Osteo Exer. 10am Bereavement Support group by Ambergcare 1:00pm-2:00pm KNITTING CLASS 10:00am-11:00am	HDM-Crafts 10:00am	Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am	
11	12	13	14	15	16	17
	Fitness Room open Mon-Fri 9am to 12pm 1:00pm-3:00pm	Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am Valentines Dance 1:30am to 3:30pm	HDM-Crafts 10:00am 	Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am	
18	19	20	21	22	23	24
	SENIOR CENTER CLOSED 	Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am	HDM-Crafts 10:00am	Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am	
25	26	27	28	29		
	Fitness Room open Mon-Fri 9am to 12pm 1:00pm-3:00pm Blood pressure reading 10:00am-11:00am	Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am	HDM-Crafts 10:00am VA REP. 10:00am-11:00am	Osteo Exer. 10am COA Board Meeting 8:30 am		