

Monday	Tuesday	Wednesday	Thursday
		<p>1</p> <p>8 a.m.-3:45 p.m.- Exercise Room                      9 a.m. – Noon – Line Dancing                      9 a.m. – Noon – Wii Bowling                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      2:30 p.m. – Craft (Must Sign Up)</p>	<p>2</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Lunch (Must Sign Up)                      12:50 p.m. - Yoga                      1 p.m. - Bingo</p>
<p>6</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. – Pot Luck Lunch (Sign Up)                      6:30 p.m. – Pinochle</p>	<p>7</p> <p>8 a.m.-3:45 p.m. – Exercise Room                      10 a.m. - Knitting Hearts                      10: 30 a.m. - Music w/Jerry Ivory                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>8</p> <p>8 a.m.-3:45 p.m.- Exercise Room                      9 a.m. – Noon – Line Dancing                      9 a.m. – Noon – Wii Bowling                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo</p>	<p>9</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Lunch (Must Sign Up)                      12:50 p.m. - Yoga                      1 p.m. - Bingo</p>
<p>13</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. – Valentine Party (Please bring a covered dish to share)                      6:30 p.m. – Pinochle</p>	<p>14</p> <p>8 a.m.-3:45 p.m. – Exercise Room                      10 a.m. - Knitting Hearts                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>15</p> <p>8 a.m.-3:45 p.m.- Exercise Room                      9 a.m. – Noon – Line Dancing                      9 a.m. – Noon – Wii Bowling                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      2:30 p.m. – Snack Attack (Must Sign Up)</p>	<p>16</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Lunch (Must Sign Up)                      1:00 p.m. – Valentine's Party</p>
<p>20</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Brunch (Must Sign Up)                      - Chatterbug Society                      6:30 p.m. – Pinochle</p>	<p>21</p> <p>8 a.m.-3:45 p.m. – Exercise Room                      10 a.m. - Knitting Hearts                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>22</p> <p>8 a.m.-3:45 p.m.- Exercise Room                      9 a.m. – Noon – Line Dancing                      9 a.m. – Noon – Wii Bowling                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo</p>	<p>23</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Lunch (Must Sign Up)                      12:50 p.m. - Yoga                      1 p.m. - Bingo</p>
<p>27</p> <p>8 a.m. – 3:45 p.m.- Exercise Room                      8:45 a.m. - Strong Bones                      10 a.m. – Silver Sneakers                      12 p.m. - Ordered Lunch (\$3/ea.)                      (Must Sign Up for Lunch)                      6:30 p.m. – Pinochle</p>	<p>28</p> <p>8 a.m.-3:45 p.m. – Exercise Room                      10 a.m. - Knitting Hearts                      12 p.m. – Lunch (Must Sign Up)                      1 p.m. – Bingo                      1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>**Valentine Party—Mon., Feb. 13<sup>th</sup>.**                      Please bring a covered dish to share!                      Sign up by Wednesday, Feb. 8<sup>th</sup>.</p>	<p>**Evening Exercise Classes – Mondays and Wednesdays 6 p.m. to 8 p.m.</p>