

Monday	Tuesday	Wednesday	Thursday
		1 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)	2 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
6 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	7 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. & 2:15 p.m. Silver Sneakers	8 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	9 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
13 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	14 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. & 2:15 p.m. Silver Sneakers	15 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)	16 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
20 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	21 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. & 2:15 p.m. Silver Sneakers	22 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	23 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
27 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	28 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. & 2:15 p.m. Silver Sneakers	**Valentine Party—Mon., Feb. 13 <sup>th</sup> ** Please bring a covered dish to share! Sign up by Wednesday, Feb. 8 <sup>th</sup> .	**Evening Exercise Classes – Mondays and Wednesdays 6 p.m. to 8 p.m.