

Monday

Tuesday

Wednesday

Thursday

Thursday, February 15th, we will have a Mardi Gras Party! We will have the congregational lunch and ask everyone to bring a side or dessert to share. Polish Bill will provide us with some entertainment. Bingo will follow at 1:30 p.m. You Must Sign Up for this event!!

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 p.m. - Bingo

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8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 6:30 p.m. - Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. - Exercise Room
 10 a.m. - Board Games
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 2:30 p.m.- Craft (Must Sign Up)

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 p.m. - Bingo

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8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 6:30 p.m. - Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. - Exercise Room
 10 a.m. - Board Games
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo

8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Mardi Gras Party!! (Sign Up)
 12:30 p.m. - Entertainment w/Polish Bill
 1:30 p.m. - Bingo

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8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 6:30 p.m. - Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. - Exercise Room
 10 a.m. - Board Games
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 2:30 p.m.- Snack Attack (Sign-Up)

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 p.m. - Bingo

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8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 6:30 p.m. - Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. - Exercise Room
 10 a.m. - Board Games
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 2:30 p.m.- Trivia

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 p.m. - Bingo