

## **CENTER ACTIVITIES FOR February 2020**



**BINGO:** Sunday, February 2, 2020

**PANCAKE BREAKFAST:** Sunday, February 9th, 8 am -11 pm

**ICE CREAM SOCIAL:** Monday, February 10th, 1:30-2:30pm

**FOOD BANK:** Tuesday, February 18th, 9:30-11:00 am

**BIRTHDAY LUNCH:** Friday, February 28th, 11:45 am-1 pm

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### **Monday**

Chair Aerobics

Dining Room 9-10am

### **Tuesday**

Chair Aerobics

Computer Help Lab

Garden Club

Dining Room 9-10am.

Lab open 2-4pm.

2nd Tuesday of the month, Conference Room 1-2 pm

### **Wednesday**

Chair Yoga

Life Changes Group

Ukulele Group

Alzheimer/Dementia Caregiver

Support Group

Dining Room 9-10am.

Conference Room 10-11:30 am.

Sunshine Room 1-2pm

3rd Wednesday of the month, 1-3 pm, Conference Room

### **Thursday**

Balance & Posture Exercise Class

Hearing Services

Bible Class

Parkinson's Discussion & Support Group

Dining Room 9-10am.

1st Thurs. of month. Sunshine Room; 9-12 noon Call 463-2966 for appt.

Lunch: 11:45, Conference Room until 1:30

Thursday Conference Room 10:30-11:45

Contact Linda Posner at 459-1941

### **FRIDAY**

Chair Aerobics

Toile Painting

Bridge

Bingo

Dining Room 9-10am.

Sunshine Room 9-12

Conference Room 12-3 Contact person:

Floyd & Christie Brandt 459-2519

Pot Luck 5pm, Game 5:30