


CALENDAR OF ACTIVITIES

FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
<p>3 9:30—Armchair Exercise— (DR) 9:45—Exercise with Conner (DR) 10:30—Cardio Drumming (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (Card Room) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) 6:00—Fitness Center with Conner</p>	<p>4 9:30—Senior Walking Program (DR) 9:30—Fitness Center with Conner 10:00—Cardio Drumming (DR) 10:00—Bible Study (Craft Room) 10:30—Bridge (Card Room) 11:15—11:45 Grab N Go Lunch 11:30—Cribbage (Social Room) 12:00—Lunch Served (DR) 1:00—Sit & Sew (Craft Room)</p>	<p>5 9:30—Armchair Exercise—(DR) 9:30 Fitness Center with Conner 10:15—WII Bowling (DR) 11:00—MMC Dietician Meeting (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (Craft Room) 12:00—Lunch Served (DR) 12:30—500 (Game Room)</p>	<p>6 9:00—Trip Sign Up 9:30—Senior Walking Program (DR) 9:45—Exercise with Conner (DR) 10:30—Phase 10 (Card Room) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (Card Room)</p>	<p>7 9:00—New Beginners Line Dancing (DR) 9:30—Beginners Line Dancing (DR) 9:30—Pool Group (Social Room) 9:30—Party Bridge (Card Room) 10:00—Improver Dancers Line Dancing (DR) 11:15—11:45—Grab N Go Lunch Pick-up 12:00—Lunch Served (DR) SUPER BOWL PARTY 12:30—Bridge Brush Up Class (Card Rm)</p>	8
<p>10 8:45—Refresher Defensive Driving (CR) 9:30—Armchair Exercise (DR) 9:45—Exercise with Conner (DR) 10:30—Cardio Drumming (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (Card Room) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) 6:00—Fitness Center with Conner</p>	<p>11 9:30—Senior Walking Program (DR) 9:30—Fitness Center with Conner 10:00—Cardio Drumming (DR) 10:00—Bible Study (Craft Room) 10:30—Bridge (Card Room) 11:15—11:45 Grab N Go Lunch 11:30—Cribbage (Social Room) 12:00—Lunch Served (DR) 12:30—Depart LFHS Pool 1:00—Sit & Sew (Craft Room)</p>	<p>12 9:30—Armchair Exercise—(DR) 9:30—Fitness Center with Conner 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (Craft Room) 11:30—Blood Pressure Checks (DR) 12:00—Lunch Served (DR) 12:30—500 (Game Room) 1:00—Pen Pal Meeting (DR)</p>	<p>13 9:30—Senior Walking Program (DR) 9:45—Exercise with Conner (DR) 10:30—Phase 10 (Card Room) 11:00—11:30 Grab N Go Lunch 12:00—Lunch Served (DR) BIRTHDAY PARTY 12:30—Pinochle (Card Room) 1:30—Bingo (DR) Zoom & In-person 6:00—Board Meeting (DR)</p>	<p>14 9:00—New Beginners Line Dancing (DR) 9:30—Beginners Line Dancing (DR) 9:30—Pool Group (Social Room) 9:30—Party Bridge (Card Room) 10:00—Improver Dancers Line Dancing (DR) 11:15—11:45—Grab N Go Lunch Pick-up 12:00—Lunch Served (DR) Valentines Party & Entertainment 12:30—Bridge Brush Up Class (Card Rm) 1:00—Computer Tech</p>	<p>15 BLACK HISTORY EVENT 12:00 pm to 2:00 pm Doors open at 11:30 am Here at the Center</p>
<p>17 CENTER IS CLOSED FOR PRESIDENT'S DAY</p> 	<p>18 9:30—Senior Walking Program (DR) 9:30—Fitness Center with Conner 10:00—Cardio Drumming (DR) 10:00—Bible Study (Craft Room) 10:30—Bridge (Card Room) 11:15—11:45 Grab N Go Lunch 11:30—Cribbage (Social Room) 12:00—Lunch Served (DR) 1:00—Sit & Sew (Craft Room) 1:00—Members Meeting Zoom & In-person (DR)</p>	<p>19 9:30—Armchair Exercise—(DR) 9:30—Fitness Center with Conner 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (Craft Room) 12:00—Lunch Served (DR) 12:30—500 (Game Room) 1:00—Bingo (DR) Zoom & In-person</p>	<p>20 9:30—Senior Walking Program (DR) 9:45—Exercise with Conner (DR) 10:30—Phase 10 (Card Room) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) - Black History Month Celebration 12:30—Pinochle (Card Room)</p>	<p>21 9:00—New Beginners Line Dancing (DR) 9:30—Beginners Line Dancing (DR) 9:30—Pool Group (Social Room) 9:30—Party Bridge (Card Room) 10:00—Improver Dancers Line Dancing (DR) 11:15—11:45—Grab N Go Lunch Pick-up 11:30—Depart for Dine Around 12:00—Lunch Served (DR) 12:30—Bridge Brush Up Class (Card Rm)</p>	22
<p>24 8:45—Beginner Defensive Driving (DR) 9:30—Armchair Exercise— (DR) 9:45—Exercise with Conner (DR) 10:30—Cardio Drumming (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (Card Room) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) 6:00—Fitness Center with Conner</p>	<p>25 9:30—Senior Walking Program (DR) 9:30—Fitness Center with Conner 10:00—Cardio Drumming (DR) 10:00—Bible Study (Craft Room) 10:30—Bridge (Card Room) 11:15—11:45 Grab N Go Lunch 11:30—Cribbage (Social Room) 12:00—Lunch Served (DR) 1:00—Sit & Sew (Craft Room) 1:30—Movie Day—Mamma Mia</p>	<p>26 9:30—Armchair Exercise—(DR) 9:30—Fitness Center with Conner 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (Craft Room) 11:30—Blood Pressure Checks (DR) 12:00—Lunch Served (DR) 12:30—500 (Game Room) 1:00—Depart for Bowling</p>	<p>27 9:30—Senior Walking Program (DR) 9:45—Exercise with Conner (DR) 10:30—Phase 10 (Card Room) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (Card Room) 1:00—Bingocize (DR) 2 hours</p>	<p>28 9:00—New Beginners Line Dancing (DR) 9:30—Beginners Line Dancing (DR) 9:30—Pool Group (Social Room) 9:30—Party Bridge (Card Room) 9:30—Depart Shopping at Ollies 10:00—Improver Dancers Line Dancing (DR) 11:15—11:45—Grab N Go Lunch Pick-up (DR) 12:00—Lunch Served (DR) 12:30—Bridge Brush Up Class (Card Rm) 1:00—Computer Tech</p>	