

FEBRUARY 2018

MONTHLY HEALTHY HABIT: CUT YOUR PROCESSED SUGAR IN HALF - OR OUT ALL TOGETHER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
				10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG	3
4	5	6	7	8	9	10
9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO 11:00 BREAD DAY 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG		
11	12	13	14	15	16	17
9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:30 RED HAT LADIES	10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS			
18	19	20	21	22	23	24
9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	9:30 WEDNESDAY CARD PLAYERS (IN CRAFT ROOM TODAY) 9:30 VALLEY FORGE CASINO 10:00 PERSIAN GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	10:00 AMERICAN TREASURES TOUR 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO 11:00 BREAD DAY 11:30 OUTREACH - LEACH 12:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG 11:30 FRIDAY FLICKS		
25	26	27	28			
9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING				