



2019 February	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>REMINDERS</p> <p>County Lunch and Van Reservations must be made 24 hours in advance by NOON and are only available on weekdays. New participants must fill out a registration form.</p> <p>Suggested Donation for Lunch-\$1.25</p> <p>BINGO 10:00-11:15 Monday -Thursday</p> <p>WISH LIST</p> <p>Plastic Utensils Paper Plates Paper Cups Cookies</p> <p>*****</p> <p>PLEASE NOTE THAT ALL CLASSES PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE, ESPECIALLY IN INCLEMENT WEATHER</p> <p>*****</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>HOURS Monday - Friday 8am - 4pm Saturday 9am - 1pm</p> </div>					1	2	
						10:00 Tone&Strength Ex 11:30 Meat Lasagna 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	Wellness Program 9:30 Tai Chi 10:00 Move& Groove 10:30 Light Breakfast 11:00 Trivia Challenge 11:30 Game Hour
		4	5	6	7	8	9
		8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Penne w/ Ricotta 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	9:00 Chair Yoga-Lynn 11:30 Turkey&Bean Chili 12:15 Zumba-Saloney 1:00 Game Time 1:00 Painting Class <i>Home Care</i>	9:00 Tai Chi - Hasmig 11:30 Balsamic Chicken 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts&Crafts Class	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Baked Fish 12:15 Aerobics-Lynn 12:30 Rummikub 1:00 Rummy/Cards	9:00 Exercise-Lynn 10:00 Chinese Games 11:30 Roast Pork 12:30 Cake & Green Tea 12:30 Rummikub 1:00 Social Bridge <i>Chinese New Year</i>	Wellness Program 9:30 Tai Chi 10:00 Move & Groove 10:30 Light Breakfast 11:00 Trivia Challenge 11:30 Game Hour
		11	12	13	14	15	16
		8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Breaded Fish 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge <i>Eating Well</i>	9:00 Chair Yoga-Lynn 11:30 Italian Meatballs 12:15 Zumba-Saloney 1:00 Game Time 1:00 Painting Class <i>Sweets & Treats</i>	9:00 Tai Chi - Hasmig 11:30 Tuna Salad 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts&Crafts Class <i>Senior Tech</i>	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Chicken Scampi 12:15 Aerobics-Lynn 12:30 Rummikub 1:00 Rummy/Cards	9:00 Tai Chi-Hasmig 10:00 Zumatra-Joyce 11:30 Roast Beef/Gravy 12:30 Rummikub 1:00 Movie Matinee 1:00 Social Bridge	CLOSED
		18	19	20	21	22	23
		CLOSED	9:00 Chair Yoga-Hasmig 11:30 Roast Pork/Gravy 12:15 Zumba-Saloney 1:00 Game Time 1:00 Painting Class	9:00 Tai Chi - Hasmig 11:30 Chicken Milanese 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts&Crafts Class <i>Cerebral Gymnastics</i>	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Lemon Pepper Fish 12:15 Aerobics-Lynn 12:30 Rummikub 1:00 Rummy/Cards	10:00 Tone&Strength Ex 11:30 Veggie Lasagna 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	Wellness Program 9:30 Tai Chi 10:00 Move & Groove 10:30 Light Breakfast 11:00 Trivia Challenge 11:30 Game Hour
		25	26	27	28		
		8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Chicken Chipolte 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	9:00 Chair Yoga-Lynn 11:30 Breaded Fish 12:15 Zumba-Saloney 1:00 Game Time 1:00 Painting Class <i>Senior Tech</i>	9:00 Tai Chi - Hasmig 11:30 Chicken Cordon Bleu 12:15 Chair Yoga-Mary 1:00 Scrabble/MahJong 1:30 Arts&Crafts Class	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Meatloaf/Gravy 12:15 Aerobics-Lynn 12:30 Rummikub 1:00 Rummy/Cards		