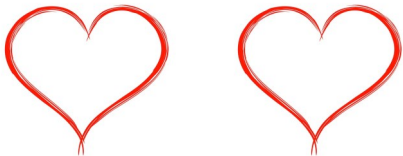




<p>Activities are subject to change at Staff discretion. Thank you for understanding.</p> 		<p>FEBRUARY IS AMERICAN HEART MONTH</p> 		<p>1 10AM Balance Class 11AM Advisory Council 1:30 Heart Craft</p>	<p>2 10AM Power Walking 11AM Medhealth4u 11AM Blood Pressure Checks Sponsored By Interim 2PM English Tea</p>	<p>3</p>
4	5 10AM Stretching Class	6 1:30PM Bingo (English)	7 10AM Zumba! 1:30 Ladies Pool Tourney (Must register by 1PM)	8 10AM Balance Class 1PM End of Life Preparation with Interim Healthcare 2PM Valentine's Craft	9 10AM Power Walking 11AM Blood Pressure Checks Sponsored By Interim 2PM English Tea	10
11	12 10AM Stretching Class 1:30 Cooking Class	13 1:30PM Bingo (Spanish)	14 Happy Valentine's Day! 10AM Zumba! 12:30 Paint with Holly YOU MUST RSVP BY 2/9 For this particular class	15 10AM Balance Class 1PM Heart Health Class with Mandy from Interim Health	16 10AM Power Walking 11AM Blood Pressure Checks Sponsored By Interim 1PM VALENTINE'S DANCE / February Birthday Party	17
18	19 CENTER WILL BE 	20 1:30PM Bingo (English)	21 10AM Zumba! 1:30 Life Planning with Compassus Hospice	22 10 AM Balance Class 1:30 Open Pool Tournament (Must be registered by 1PM)	23 10AM Power Walking 11AM Blood Pressure Checks Sponsored By Interim 2PM English Tea	24
25	26 10AM Stretching Class 1:30 Cooking Class	27 1:30PM Bingo (Spanish)	28 10AM Zumba! 1:30 Mental Health Meet-up with Compassus	29 10AM Balance Class 1PM Leap Year Celebration	<p>February 2024</p> 