

# FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:20 walking 9am Strong woman 9:30am Binao 10-10:30 evidence based Tai Chi 12:45 Card making w/ Diana A (only on 1st Monday) 12:45 Hand & foot Canasta 5:30-7 Alone NO MORE PARENTS' Support Group.	31 10:00am coffee/tea	820 walking 1 9am Strong woman 10am tai chi 1pm shen zhen 5pm Grief support	8am G.S. 2	820 walking 3 900 Strong woman 10am movement class w/ Becky
	14 10am coffee/tea Valentines Tares	7 15 5pm Grief/support	8 10-10:30 Evidence based Tai Chi 9 11:00am Dancing w/ DEANA	10
20 CLOSED PRESIDENTS' DAY	21 9:30am Get up & Go Committee	22 5pm UFOA	16 10-10:30 TAI CHI 16 11am CRAFT 11am Dancing w/ C DEANA 4-7 Community music	17
27	28 10am coffee/tea Lee Stenton on DINO BONE WARS	1	23 8am CORTEZ 23 10am Tai Chi 11am Dancing w/ Deana	24
				25

Observances: 14: Valentine's Day, 20: Presidents' Day