



February Calendar



Monday February 2nd

9 HICCAP
9 &10 Balance & Mobility
10 Pep4u Tremble Clef Practice
11:30 Lunch RR—Chinese Dancers
1 Game time
1 Dance for Wellness RR
2:30 Tai Chi

Tuesday February 3rd

9 Balance & Mobility – E
10 Beg. Chair Exercise -E
11:30 Lunch
12 Knit and Crochet Club
12:30 Poker
1:00 Bingo

Wednesday February 4th

9 Wire Wrapping Class E
9 &10 Balance & Mobility
10 Parkinsons coffee chat Pep4u
10 Tech help by appt.
11:30 Lunch
12:30 Caregiver Support Grp
1 Intermediate Knitting E
1 Tai Chi E
2 Grief Share

Thursday February 5th

9 Balance & Mobility E
10 Beg. Chair Exercise E
10 PEP 4U yoga for Parkinsons
11 Chair Yoga \$2
11:30 Lunch
12:30 Mental Illness Support
1 Chair Dance for Wellness RR
2 Dance for Wellness RR

Friday February 6th

10 – TOPS
11:30 – Lunch-Arnie on Piano
12:30 – Cribbage
12:45 – Movie
1:00 Games
1 inter. Oil/Acrylic Painting E

Monday February 9th

9 HICCAP
9 &10 Balance & Mobility
10 CA Driver's License Renewal Prep RR
10 Carmen Medicare - Lobby
10 Pep4u Tremble Clef Practice
11:30 Lunch RR—Sunshine Band
1 MemorialCare Social Worker
1 Game time
1 Dance for Wellness RR
2:30 Tai Chi

Tuesday February 10th

9 Balance & Mobility – E
10 Beg. Chair Exercise -E
11:30 Lunch
12 Knit and Crochet Club
12:30 Poker
1:00 Bingo

Wednesday February 11th

9 Wire Wrapping Class E
9 &10 Balance & Mobility
10 Tech help by appt.
11:30 Lunch
12:30 Caregiver Support Grp
1 Intermediate Knitting E
1 Tai Chi E
2 Grief Share

Thursday February 12th

9 Balance & Mobility E
10 Beg. Chair Exercise E
10 Medication Consultation RR
10 PEP 4U yoga for Parkinsons
11 Chair Yoga \$2
11:30 Lunch—Singers
12:30 Mental Illness Support
1 Chair Dance for Wellness RR
2 Dance for Wellness RR



February Calendar



Friday February 13th

10 TOPS
11:30 Lunch—Arnie on Piano
12:30 Cribbage
12:45 Movie
1:00 Games
1 inter. Oil/Acrylic Painting E
1:30 Crafting with Carmen - Butterfly's

Monday February 16th

Holiday—Closed

Tuesday February 17th

9 Balance & Mobility – E
10 Beg. Chair Exercise -E
11:30 Lunch—Tony Rogers
12 Knit and Crochet Club
12:30 Poker
1:00 Bingo

Wednesday February 18th

9 Wire Wrapping Class E
9 &10 Balance & Mobility
10 Parkinsons coffee chat Pep4u
10 Tech help by appt.
10 Financial Consulting
11:30 Lunch—Harmonaires
12:30 Caregiver Support Grp
1 Intermediate Knitting E
1 Tai Chi E

Thursday February 19th

9 Balance & Mobility E
10 Beg. Chair Exercise E
10 PEP 4U yoga for Parkinsons
11 Chair Yoga \$2
11:30 Lunch
12:30 Mental Illness Support
1 Chair Dance for Wellness RR 2 2
Dance for Wellness RR

Friday February 20th

10 TOPS
11:30 Lunch—Arnie on Piano
12:30 Cribbage
12:45 Movie
1:00 Games
1 inter. Oil/Acrylic Painting E

Monday February 23rd

9 HICCAP
9 &10 Balance & Mobility
10 CA Driver's License Renewal Prep RR
10 Carmen Medicare - Lobby
10 Pep4u Tremble Clef Practice
11:30 Lunch RR
1 Game time
1 Dance for Wellness RR
2:30 Tai Chi

Tuesday February 24th

9 Balance & Mobility – E
10 Beg. Chair Exercise -E
11:30 Lunch—Singers
12 Knit and Crochet Club
12:30 Poker
1:00 Bingo

Wednesday February 25th

9 Wire Wrapping Class E
9 &10 Balance & Mobility
10 Tech help by appt.
10 Financial Consulting
11:30 Lunch
12:30 Caregiver Support Grp
12:30 Art4 Healing
1 Intermediate Knitting E
1 Tai Chi E

Thursday February 26th

9 Balance & Mobility E
10 Beg. Chair Exercise E
10 PEP 4U yoga for Parkinsons
10 Bill Liu – Medication Consult
11 Chair Yoga \$2
11:30 Lunch—Street Performers
12:30 Mental Illness Support
1 Chair Dance for Wellness RR
2 Dance for Wellness RR

Friday February 27th

10 TOPS
11:30 Lunch—Arnie on Piano
12:30 Cribbage
12:45 Movie
1:00 Games
1 inter. Oil/Acrylic Painting E