



# February Calendar



## Monday February 2<sup>nd</sup>

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

## Thursday February 5<sup>th</sup>

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

## Tuesday February 10<sup>th</sup>

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

## Tuesday February 3<sup>rd</sup>

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

## Friday February 6<sup>th</sup>

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

## Wednesday February 11<sup>th</sup>

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

## Wednesday February 4<sup>th</sup>

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

## Monday February 9<sup>th</sup>

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

## Thursday February 12<sup>th</sup>

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—Silversingers  
12:30 Mental Illness Support  
1 Chair Dance for Wellness RR  
2 Dance for Wellness RR



# February Calendar



## Friday February 13<sup>th</sup>

- 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 16<sup>th</sup>

### Holiday—Closed

## Tuesday February 17<sup>th</sup>

- 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 18<sup>th</sup>

- 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 24<sup>th</sup>

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

## Wednesday February 25<sup>th</sup>

- 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 26<sup>th</sup>

- 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 27<sup>th</sup>

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