

FEBRUARY 2024 SENIOR CENTER ACTIVITIES- FORSYTH (ACTIVITIES)

SUBJECT TO CHANGE! COME IN TO VISIT, PLAY CARDS, GAMES, LISTEN TO MUSIC, HANG OUT, DO MONTHLY ACTIVITIES, READ

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				CHAIR EXERCISE'S 9:00 A.M BINGO 12:30 PM	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	
4		6	7	8	9	10
S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M		CHAIR EXERCISE'S 9:00 A.M	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M CRAFTS W/HEAVEN 12:30	CHAIR EXERCISE'S 9:00 A.M BINGO 12:30 PM	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M WHEEL OF FORTUNE 12:30	
11	12	* BIRTHDAY DAY * 13	VALENTINE'S DAY 14	15	16	17
S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	CHAIR EXERCISE'S 9:00 A.M *LINDA WOLFF FROM ACTION WILL BE HERE	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M VALENTINE'S DAY PARTY 1pm-2pm	CHAIR EXERCISE'S 9:00 A.M BINGO 12:30 PM	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	
18	19	20	21	22	23	24
	PRESIDENT'S DAY WE ARE CLOSED!	FOOT CLINIC - CALL TO MAKE AN APPOINTMENT CRAFTS W/KAYLA 12:30 P.M	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M	CHAIR EXERCISE'S 9:00 A.M BINGO 12:30 PM	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M LIFE STORIES W/ TIM 12:30 PM "CRAZY DRESS UP DAY"	
25	26	27	28	29		
S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	CHAIR EXERCISE'S 9:00 A.M	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M CRAFTS W/HEAVEN 12:30	CHAIR EXERCISE'S 9:00 A.M BINGO 12:30 PM		