





Health Center

February 2019

<h1>Health Center</h1> <h1>February 2019</h1>					1	2
					10:30AM Exercise with Weights 3:30PM Mini Games	10:30AM Exercise and Famous Sayings 3:30PM Love Signs (Craft)
3	4	5	6	7	8	9
10:15AM T.V Church Service 4:00PM Church Service	10:15AM Tai Chi with Mr. Woo 10:50AM Exercise and Trivia 3:30PM San Marino Tea Party	10:50AM Bible Study 3:30PM Ed Simpson (Accordion Music)	10:45AM Gentle Movements With Nicole Lunch Bunch 3:30PM Bingo 5:00PM Valentine's Dinner in Marwick	10:30AM Exercise and What Weighs More? Lunch Bunch 3:30PM Take a Heart	10:30AM Wellness Center Engagement 3:30PM Baking with Love	10:30AM Exercise and Hot Potato Game 3:30PM Valentine's Card Holder
10	11	12	13	14	15	16
10:15AM T.V Church Service 4:00PM Church Service	10:15AM Tai Chi with Mr. Woo 10:50AM Exercise and Scattegories 3:30PM Famous Love Letters & Poems	10:30AM Matthew Scarsi (Piano) 3:30PM Exercise and Valentine's Day History	10:45AM Gentle Movements With Nicole Lunch Bunch 3:30PM Bingo	 10:30AM Exercise and Self-Love Poetry <i>Valentine's Day</i> Lunch Bunch 3:30PM LOVE FAIR (PATIO)	10:30AM Karaoke with Staff 3:30PM Art History	10:30AM Exercise and Guesstures Game 3:30PM Pictionary
17	18	19	20	21	22	23
10:15AM T.V Church Service 4:00PM Church Service	10:15AM Tai Chi with Mr. Woo 10:50AM Exercise and Myth Busting 3:30PM Spelling Bee	10:00AM Gloria's Stories 10:50AM Bible Study 3:30PM Justin Curtis (Country Band)	10:45AM Gentle Movements With Nicole Lunch Bunch 3:30PM Bingo	10:30AM Exercise and Trivia Lunch Bunch 3:30PM David Silversparre (Guitar)	10:30AM Exercise and Eye Spy 3:30PM Little Taste of the World (India)	10:30AM Exercise and Meditation Ball 3:30PM Chocolate Covered Bananas
24	25	26	27	28	DAILY ACTIVITIES:  COFFEE SOCIAL 9:30AM  MOVIE 1:00PM  EVENING SNACKS 8:00PM	
10:15AM T.V Church Service 4:00PM Church Service	10:15AM Tai Chi with Mr. Woo 10:50AM Exercise and Current Events 3:30PM Birthday Party	10:50AM Bible Study 3:30PM Head Bands Game	10:45AM Gentle Movements With Nicole Lunch Bunch 3:30PM Bingo	10:30AM Exercise and Let It Go Lunch Bunch 3:30PM What's That Smell?		