



Senior
Friendship
Centers

Monthly Schedule of Activities

Feb 2024

Lunch Served Daily at 11:00am

Every Monday, Wednesday, and Friday

Low-Impact Exercise Class
9:30am-10:30am

Every Tuesday and Thursday

Stationary Pedaling Class
9:30am-10:30am

Senior Lecture & Workshops DeSoto Activity Center

Feb 6, Buying a new computer-Workshop 3-5 PM

Feb 20, Connecting to the Internet- Workshop 3-5 PM

2nd & 4th Thursday

Beading Classes
10:30am-11:30am

Feb 8, 2024

Grandparents Support Group
& Other Relation Raising Relations
10:00am

Birthday Celebration 1st Friday of the Month.

Valentines Celebration Wed February 14th 11:00am



For Senior 60+ of age. Contact Senior Friendship Centers – DeSoto – 863-494-5965