

Monday

Tuesday

Wednesday

Thursday

Friday

FEBRUARY 2024 ACTIVITIES AT A GLANCE

			<p>9:30-11:30 am – BINGO (\$5 fee) 9:30-11 am – Line Dancing 10:30-11:30 am – Yoga Class 11:30 am -1 pm – Hula Hawaiian Dance Class (intermediate) 11:15 am-12:15 pm – Zumba 12-1 pm – Live Café Music 1-4 pm – Hand 'n Foot 1-4 pm - PINOCHLE 1:30-2:30 pm – Intermediate to Advanced Tai Chi 2-4 pm – Clogging Class</p>	<p>9 am-12 pm – Seniors vs Crime on-site 9 am-12 pm – Art Studio Open 9:30-11:30 am - Hearing Aid Consultation Sponsored by Ear-Resistible 9:30-10:30 am – Zumba 10:30 am-12:30 pm – GulfCoast Legal Services Rep on-site 10 am -12 pm – SCRABBLE 10:35-11:20 am – Hula Hawaiian Dance 11:30 am -12:30 pm – Belly Dance Class 1-3 pm– Live Music & Dancing with Coastal Keys</p>
<p>9-10 am – Chair Core Class 9-11:30 am – Friendly Bridge 9-10 am- Beginner Tai Chi 10-11 am – Intermediate Tai Chi 10 am-12 pm – Hand 'n Foot 11 am-12 pm – Advanced Tai Chi 1-3 pm – Live Music & Dancing with Bob & Buds 1-4 pm – Hand 'n Foot 3:15- 4:15 pm - Zumba</p>	<p>8:30-9 am – Intro to Line Dancing 9-11 am – Line Dancing with Jean 9 am-12 pm - Art Studio Open 9:30-11:30 am - BINGO (\$5 fee) 10 am-2 pm - Free Hair Cuts (Visit front office for details) 11 am-1 pm – Tech Help w/ Chris 12-3 pm – Woodcarvers Class 1-2 pm – Chair Core Class 1-4 pm – Hand 'n Foot 1-4 pm – Pinochle 2-2:45 pm - Balance Movement 3-4:30 pm – Clogging Class</p>	<p>8-9 am – Produce Distribution 9:30-11:30 am – BINGO (\$5 fee) 9:30-10:30 am – Zumba 10:40-11:40 am- YOGA 12- 1 pm- ESSENTRICS 1-2 pm – Silver Foxes Roadshow 2-4 pm - Live Music & Dancing w/ NOKO BAND 1-4 pm – Hand n Foot 3-4 pm – Dance Class w/ Mike & Rana (canceled today only)</p>	<p>9:30-11:30 am – BINGO (\$5 fee) 9:30-11 am – Line Dancing 10:30-11:30 am – Yoga Class 11:30 am -1 pm – Hula Hawaiian Dance Class (intermediate) 11:15 am-12:15 pm – Zumba 12-1 pm – Live Café Music 1-4 pm – Hand 'n Foot 1-4 pm - PINOCHLE 1:30-2:30 pm – Intermediate to Advanced Tai Chi 2-4 pm – Clogging Class</p>	<p>9 am-12 pm – Seniors vs Crime on-site 9 am-12 pm – Art Studio Open 9:30-10:30 am – Zumba 10:30 am-12:30 pm – GulfCoast Legal Services Rep on-site 10 am -12 pm – SCRABBLE 10:35-11:20 am – Hula Hawaiian Dance 11:30 am -12:30 pm – Belly Dance Class 1-3 pm– Live Music & Dancing with Coastal Keys</p>
<p>9-10 am – Chair Core Class 9-11:30 am – Friendly Bridge 9-10 am- Beginner Tai Chi 10-11 am – Intermediate Tai Chi 10 am-12 pm – Hand 'n Foot 11 am-12 pm – Advanced Tai Chi 1 pm - V-Day Picture Frame Painting 1-3 pm – Live Music & Dancing with Bob & Buds 1-4 pm – Hand 'n Foot 3:15- 4:15 pm - Zumba</p>	<p>8:30-9 am – Intro to Line Dancing 9-11 am – Line Dancing with Jean 9 am-12 pm - Art Studio Open 9:30-11:30 am - BINGO (\$5 fee) 11 am-1 pm – Tech Help w/ Chris 12-3 pm – Woodcarvers Class 1-2 pm – Chair Core Class 1-4 pm – Hand 'n Foot 1-4 pm – Pinochle 2-2:45 pm - Balance Movement 3-4:30 pm – Clogging Class</p>	<p>8-9 am – Produce Distribution 9:30-11:30 am – BINGO (\$5 fee) 9:30-10:30 am – Zumba 10:40-11:30 am- YOGA 11 am-12 pm - Drums of Unity Class with Joe 12- 1 pm- ESSENTRICS 1-3 pm - The Great Gatsby Valentines Party with Crazy Karaoke Live 1-4 pm – Hand n Foot 3-4 pm – Dance Class w/ Mike & Rana</p>	<p>9:30-11:30 am – BINGO (\$5 fee) 9:30-11 am – Line Dancing 10:30-11:30 am – Yoga Class 11:30 am -1 pm – Hula Hawaiian Dance (intermediate) 11:15 am-12:15 pm – Zumba 12-1 pm – Live Café Music 1-4 pm – Hand 'n Foot 1-4 pm - PINOCHLE 1:30-2:30 pm – Intermediate to Advanced Tai Chi 2-4 pm – Clogging Class</p>	<p>9 am-12 pm – Seniors vs Crime on-site 9 am-12 pm – Art Studio Open 9:30-10:30 am – Zumba 10:30 am-12:30 pm – GulfCoast Legal Services Rep on-site 10 am -12 pm – SCRABBLE 10:35-11:20 am – Hula Hawaiian Dance 11:30 am -12:30 m – Belly Dance Class 1-3 pm– Live Music & Dancing with Coastal Keys</p>
<p>9-10 am – Chair Core Class 9-11:30 am – Friendly Bridge 9-10 am- Beginner Tai Chi 10-11 am – Intermediate Tai Chi 10 am-12 pm – Hand 'n Foot 11 am-12 pm – Advanced Tai Chi 1-3 pm – Live Music & Dancing with Bob & Buds 1-4 pm – Hand 'n Foot 3:15- 4:15 pm - Zumba</p>	<p>8:30-9 am – Intro to Line Dancing 9-11 am – Line Dancing with Jean 9 am-12 pm - Art Studio Open 9:30-11:30 am - BINGO (\$5 fee) 11 am-1 pm – Tech Help w/ Chris 12-3 pm – Woodcarvers Class 1-2 pm – Chair Core Class 1-4 pm – Hand 'n Foot 1-4 pm – Pinochle 2-2:45 pm - Balance Movement 3-4:30 pm – Clogging Class</p> <p>11:30 am- 12:30 pm Navigating Your Next Chapter - Panel Lunch - Golden Girls Solutions Sponsored</p>	<p>8-9 am – Produce Distribution 9:30-11:30 am – BINGO (\$5 fee) 9:30-10:30 am – Zumba 10:40-11:30 am- YOGA 12- 1 pm- ESSENTRICS 1-3 pm - Live Music & Dancing w/NOKO BAND 1-4 pm – Hand n Foot 3-4 pm – Dance Class w/ Mike & Rana</p>	<p>9:30-11:30 am – BINGO (\$5 fee) 9:30-11 am – Line Dancing 10:30-11:30 am – Yoga Class 11:30 am -1 pm – Hula Hawaiian Dance Class (intermediate) 11:15 am-12:15 pm – Zumba 12-1 pm – Live Café Music 1-4 pm – Hand 'n Foot 1-4 pm - PINOCHLE 1:30-2:30 pm – Intermediate to Advanced Tai Chi 2-4 pm – Clogging Class</p>	<p>9 am-12 pm – Seniors vs Crime on-site 9 am-12 pm – Art Studio Open 9:30-10:30 am – Zumba 10:30 am-12:30 pm – GulfCoast Legal Services Rep on-site 10 am -12 pm – SCRABBLE 10:35-11:20 am – Hula Hawaiian Dance 11:30 am -12:30 m – Belly Dance Class 1-3 pm– Live Music & Dancing with Coastal Keys 11-12 - Pie Cooking Demo/1-3 pm Enjoy Pies VIPCare</p>
<p>9-10 am – Chair Core Class 9-11:30 am – Friendly Bridge 9-10 am- Beginner Tai Chi 10-11 am – Intermediate Tai Chi 10 am-12 pm – Hand 'n Foot 11 am-12 pm – Advanced Tai Chi 1-3 pm – Live Music & Dancing with Bob & Buds 2-2:30 pm - Alaskan Sunnyside Sisters 1-4 pm – Hand 'n Foot 3:15- 4:15 pm - Zumba</p>	<p>8:30-9 am – Intro to Line Dancing 9-11 am – Line Dancing with Jean 9 am-12 pm - Art Studio Open 9:30-11:30 am - BINGO (\$5 fee) 11 am-1 pm – Tech Help w/ Chris 12-3 pm – Woodcarvers Class 1-2 pm – Chair Core Class 1-4 pm – Hand 'n Foot 1-4 pm – Pinochle 2-2:45 pm - Balance Movement 3-4:30 pm – Clogging Class</p>	<p>8-9 am – Produce Distribution 9:30-11:30 am – BINGO (\$5 fee) 9:30-10:30 am – Zumba 10:40-11:30 am- YOGA 12- 1 pm- ESSENTRICS 1-3 pm - Live Music & Dancing w/ NOKO BAND 1-4 pm – Hand n Foot 3-4 pm – Dance Class w/ Mike & Rana</p>	<p>9:30-11:30 am – BINGO (\$5 fee) 9:30-11 am – Line Dancing 10:30-11:30 am – Yoga Class 11:30 am -1 pm – Hula Hawaiian Dance (intermediate) 11:15 am-12:15 pm – Zumba 12-1 pm – Live Café Music 12:30-2 pm - Chair Massages (Self Care Day) VIPCare 1-4 pm – Hand 'n Foot 1-4 pm - PINOCHLE 1:30-2:30 pm – Intermediate to Advanced Tai Chi 2-4 pm – Clogging Class</p>	<p>Tuesdays: 9:30-11 am - Grief & Loss Support Group 1:30-3 pm - Care Giving Support Group ** Lunch is served Monday-Friday, 12-12:30 pm Sign-up is required ** (Bistro and boutique open daily 9 am-3 pm; pool tables, ping-pong, horseshoes and corn hole daily 8:30 am-4:30 pm).</p>