
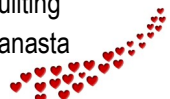



# FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Frances Justice 2/4</i> <i>Cathy Smotherman 2/8</i> <i>Loretta Wright 2/17</i>	<i>Amy Dash 2/21</i> <i>Marie Goodwin 2/22</i> <i>Wendell Cooper 2/28</i>		<b>1</b> 8:30 Aerobics 9:15 Yoga 10:15 Line Dance 11:00 Stained Glass Noon Dominoes	<b>2</b>
<b>3</b>	<b>4</b> 9:00 Aerobics 9:45 Yoga 10:30 Chair class 10:30 <b>Bob Ross Workshop</b>	<b>5</b> 10 - 3 Canasta 10:00 Geology Class 10:30 Chair class	<b>6</b> <b>9:30 Daytrip ♦ Columbia MASSAGE</b> 9:00 Zumba Gold 9:45 Stretch & Tone 10:30 Chair class 1:00 Quilting Bee	<b>7</b> 11:30 Lunch <b>Noon: Wmson. Co. Trustee</b> 9:00 Quilting 10 - 3 Canasta 1 - 3 Writer's Group	<b>8</b> 8:30 Aerobics 9:15 Yoga 10:15 Line Dance 11:00 Stained Glass Noon Dominoes	<b>9</b>
<b>10</b>	<b>11</b> 9:00 Aerobics 9:45 Yoga 10 & 12:30 All of Us Enrollment 10:30 Chair class 1:00 BINGO!	<b>12</b> 9:30 Bible 10 - 3 Canasta 11:00 Chair class	<b>13</b> <b>MASSAGE</b> 9:00 Craft Studio 9:00 Zumba Gold 9:45 Stretch & Tone 10:30 Chair class	<b>14</b> 11:30 Lunch <b>Noon: Granny Rose</b> 9:00 Quilting 10 - 3 Canasta 	<b>15</b> 8:30 Aerobics 9:15 Yoga 10:15 Line Dance Noon Dominoes	<b>16</b>
<b>17</b>	<b>18</b> 9:00 Aerobics 9:45 Yoga 10:30 Chair class 10:30 <b>Bob Ross Workshop</b>	<b>19</b> 9:00 Book Club 9:30 Mani-pedis & haircuts 10 - 3 Canasta <i>no chair class</i>	<b>20</b> <b>Birthday Potluck MASSAGE</b> 9:00 Quilling Class 9:00 Zumba Gold 9:45 Stretch & Tone 10:30 Chair Class 1 - 3 Quilting Bee	<b>21</b> <b>9:15 Daytrip ♦ Rick Warwick</b> 9:00 Quilting 10 - 3 Canasta 1 - 3 Writer's Group	<b>22</b> 8:30 Aerobics 9:15 Yoga 10:15 Line Dance Noon Dominoes	 <b>WELLNESS CENTER HOURS</b>  M — F 6 — 10 am  Mon. — Thurs. 4 — 8 pm
<b>24</b>	<b>25</b> 9:00 Aerobics 9:45 Yoga 10:30 Chair class	<b>26</b> 9:30 Bible 10 - 3 Canasta 10:30 Blood Pressure 11:00 Chair class	<b>27</b> <b>MASSAGE</b> 10:00 Red Hat Planning 9:00 Zumba Gold 9:45 Stretch & Tone 10:30 Chair class	<b>28</b> 11:30 Lunch <b>Noon: Quilt Turning</b> 9:00 Quilting 10 - 3 Canasta		