

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10a- Bowling 11:30 Fresh Conversations	2 12:30- Dominoes	3
4	5 12:30 Valentine's Making for Homebound Elders	6 9-11a- Matter Of Balance 10a- Chair Exercises 10a- Thrift Shopping 12- Healing Through Arts	7 12:30 Language	8 10a- Chair Exercises 5:30 Dinner and KU Symphonic Orchestra	9 12:30- Darts	10
11	12	13 9-11a- Matter Of Balance 10a- Chair Exercises 12- Healing Through Arts	14 Happy Valentine's Day Party at 12:30p	15 10a- Chair Exercises	16 12:30-Cribbage	17
18	19 Nation Closed (President's Day)	20 9-11a- Matter Of Balance 10a- Chair Exercises 12- Healing Through Arts	21 12:30 Language	22 10a- Chair Exercises 10a- Foot Clinic	23 12:30- Shuffleboard	24
25	26 11- Sac-N-Fox Bingo	27 9-11a- Matter Of Balance 10a- Chair Exercises 12- Healing Through Arts	28 12:30 Language	29 10a- Chair Exercises		

EVENTS

Fresh Conversations

Meet up with Tandy and Janis over lunch and have a "Fresh Conversation" about Healthy Food, Healthy Brain. Door Prizes to be given away

KU Symphonic Orchestra

Leave the center at 5:30p. Please bring dinner money and join us as we go to LIED Center (Lawrence).

Matter of Balance

Join Teresa and Janis on Tuesday's from 9am-11am. Focusing on improving balance and fall prevention. Last class 2/27.

Valentine's Day Party

Please bring a wrapped gift and join in on bingo. We will also be having other activities during this party as well. Come be OUR Valentine!!