

Fridays in February

Morning Program: 11:00AM to 12:00PM

Afternoon Program: 12:45PM to 1:45PM

Feb 1st

**11AM – Tai Chi & Easy Movement
12:45PM – Make Your Own Trail Mix!**

Feb 8th

**11AM – Stretch & Strength
12:45PM – Music by Joe Parker**

Feb 15th

**11AM – Sweet Heart Celebration: Trivia,
Crafts, Prizes and Fun!
12:45PM – Music: Elvis is in the house!**

Feb 22nd

**11AM – Stretch & Strength
12:45PM – Things My Mother Taught Me**