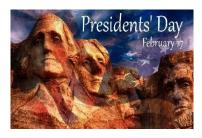
February 2025

TUESDAY WEDNESDAY THURSDAY MONDAY FRIDAY 8:00-3:00 Gym on your own. 6 9:00-1:00 Gym on your own. 09:30-11:15 Coffee & Socializing **FUNDAY MONDAY** 8:00-3:00 Gym on your own. 09:30-10:15 Coffee & FRIEND-DAY FRIDAY Cards/Games/Wii/Puzzles/Fitness 09:30-10:15 Coffee & Socializing Socializing 09:30-11:15 Coffee & Socializing **Drive-In** 10:00 Tonya Bolton/MedLink 10:30-11:30 **Senior Fitness** 10:00-11:00 Devotion Cards/Games/Wii/Puzzles/Fitness 09:00-1:00 Cards/Games/Wii/ 11:30-12:15 Lunch (Optional) with Mr. McDuffie 10am-11am Tai Chi w/ Ms. Whitmire 11:30-12:00 Lunch Puzzles/Fitness/Ping 12:30-1:00 Cards/Games/Wii/ 11:30-12:15 Lunch 11:30-12:15 Lunch 12:30-1:00 Cards/Games/Wii/ Pong/Shuffleboard/Gym/Billiards Puzzles/Fitness/Ping Pong/Shuffle 12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle 12:30-1:00 Senior Fitness/Wii Board/Gym/Billiards Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards Board/Gym/Billiards 8:00-3:00 Gym on your own. **10** 08:00-3:00 Gym on your own. 11 8:00-3:00 Gym on your own. 8:00-3:00 Gym on your own. 13 9:00-1:00 Gym on your own. 09:30-10:15Coffee & Socializing **FUNDAY MONDAY** 09:30-10:15 Coffee & Socializing 09:30-10:15 Coffee & **FRIEND-DAY FRIDAY** 10:30-11:00 Movie/PJ Day 10:30-11:30 Hosted By Elliotte Socializing 09:30-11:15 Coffee & Socializing **Drive-In** 10:00-11:00 Devotion Cards/Games/Wii/Puzzles/Fitness 11:30-12:15 Lunch w/ Georgia 09:00-1:00 Cards/Games/Wii/ 10am-11am Tai Chi w/ Ms. Whitmire Hospice Care (Optional) with Mr. McDuffie 12:30-1:00 Cards/Puzzles/ Puzzles/Fitness/Ping 11:30-12:15 Lunch 11:30-12:15 Lunch 11:30-12:15 Lunch Billiards/Games/Wii/Senior Pong/Shuffleboard/Gym/Billiards 12:30-1:00 Cards/Games/Wii/ 12:30-1:00 Senior Fitness/Wii **Fitness** 12:30-1:00 Senior Fitness/Wii Puzzles/Fitness/Ping Pong/Shuffle **Valentines Day Celebration Happy Valentines Day!** Board/Gym/Billiards

Center is Closed 17



8:00-3:00 Gym on your own.

09:30-10:15 Coffee & Socializing

10:30-11:30 Exercise w/Dr.

Brooke

11:30-12:00 Lunch
12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own.

09:15-10:15 Coffee with a Deputy

10:30-11:30 Paint and Sip 11:30-12:00 Lunch 12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards

8:00-3:00 Gym on your own. **20**

09:30-10:15 Coffee & Socializing

10:00-11:00 Devotion
(Optional) with Mr. McDuffie

11:30-12:15 Lunch 12:30-1:00 Senior Fitness/Wii 9:00-1:00 Gym on your own.

FRIEND-DAY FRIDAY

Drive-In

09:00-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 24 FUNDAY MONDAY

09:30-11:15 Coffee & Socializing Cards/Games/Wii/Puzzles/Fitness 10am-11am Tai Chi w/ Ms. Whitmire 11:30-12:15 Lunch 12:30-1:00 Cards/Games/Wii/

Puzzles/Fitness/Ping Pong/Shuffle

Board/Gym/Billiards

8:00-3:00 Gym on your own. **25**

09:30-10:15 Coffee & Socializing

10:00-11:00 Gail Jones Gospel

Singing11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness 08:00-3:00 Gym on your own.

09:30-10:15 Coffee & Socializing

10:30-11:00 BASE BALL

11:30-12:15 Lunch 12:30-1:00 Cards/Puzzles/ Billiards/Games/Wii/Senior Fitness 26 8:00-3:00 Gym on your own. 27

09:30-10:15 Coffee & Socializing

10:00-11:00 Devotion
(Optional) with Mr. McDuffie
11:00-12:15 Lunch

EAT LUNCH OUT

9:00-1:00 Gym on your own.

FRIEND-DAY FRIDAY

Drive-In

09:00-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards

HAPPY BIRTHDAY! Isaac McDuffie 2-9







