

Schedule February 1 – February 7

Monday ... February 1

- 9:30 Move w/Nancy (chair group 1) – C
More strength & standing
- 10:15 Move w/Nancy (chair group 2) – C
More stretch & flexibility
- 11:00 Groove w/Nancy (aerobics) - C
- 1:00 Party Bridge – CR
- 1:00 Dominoes – AC
- Hallway **BINGO**
- 2:30 1st Floor...Apts. #101 – 116
- 3:15 1st Floor...Apts. #118 – 132

Tuesday... February 2

- 10:45 Chair Yoga w/Carla – C
- 11:00 **NO** Balance in Motion – FC
- 11:00 Chicken Foot – AC
- 1:00 Trivia Pursuit w/Gary – AC
- 1:00 **Caregivers' Support Group - Library**
- 1:30 Games in the Card Room
- Hallway **BINGO**
- 2:30 2nd Floor...Apts. #201 – 217
- 3:15 2nd Floor...Apts. #218 – 232
- 3:30 **CHESS** Club - NR
- 7:00 Card Game '99' – CR

Wednesday... February 3

- 9:00 Mahjong – CR
- 9:30 **Chair exercise with Sheri – C**
Sheri Williams, our water exercise teacher, will be teaching this class. She is great!
There will only be one class. No sign up required. We should be able to accommodate all & still maintain 6 foot distance (we shall see).
- 10:30 Dominoes – AC
- 1:00 **GriefShare w/Gary – Conf**
Short video followed by conversation.
- Hallway **BINGO**
- 2:30 3rd Floor...Apts. #301 – 316
- 3:15 3rd Floor...Apts. #318 – 332
- 7:00 Corn Hole - C

Thursday ... February 4

- 9:30 Ladies Bible Study w/Louise- Conf
- 10:45 Chair Yoga w/Carla – C
- 11:00 Balance in Motion w/Nancy – FC
Exercises focused on lower body
- 1:00 **Community Bible Study – Conf**
- 1:00 Learn Mahjong w/Margie – AC
- 1:00 Party Bridge
- 4:00 **HOWDY HOUR** – Bistro & NR
Join your friends for some Fun & festivities!
Dr. Seuss???
- 6:30 Evening Bridge – CR



Friday... February 5

- 9:30 Move w/Nancy (chair group #2)- C
More strength & standing
- 10:15 Move w/Nancy (chair group #1)- C
More stretch and flexibility
- 11:00 Groove w/Nancy (aerobics) – C
- 1:00 Chicken Foot – AC
- 2:00 Hand & Foot Game – CR

Saturday... February 6

- 2:00 **NO** Bridge Basics w/Jack - CR
(taking a break for tax season)
- 2:00 Movie & Popcorn - Conf
- 7:00 Movie & Popcorn - Conf

Sunday... February 7

- 9:00 Bible Study – C
- 10:00 – 2:00 Sunday Brunch - DR
- 2:00 Mahjong – AC
- 2:00 Church Service – C
First United Methodist - Bryan

Happy Birthday!

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| Feb 2 | Sue Martin | #219 |
| Feb 3 | Gerald Steck | #329 |
| Feb 5 | Carol Suter | #210 |

