


Senior Services of Van Buren County- Senior City East February 2020 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	Lunch is served Monday, Tuesday, Thursday, and Friday 12PM to 1PM. Breakfast is served Wednesday, 8:30AM to 10:00AM. Check out our monthly meal calendar for more details!	Note: Lite Lunch On February 5th!! Time: 11AM-12PM	Note: No Pickleball Starting the second and third week of February Gym Closed down!!	
3	4	5	6	7
8AM & 1:30PM Open Pickleball 9AM-3PM Chess Club 10AM-12PM Pinochle/ Bridge 10:00AM Yoga 10AM Cardio Drumming 11AM Official Mahjong 11AM Strength & Flexibility 11AM-2PM Uno/Skip-Bo 1PM BINGO	8 AM & 1:30PM Pickleball 9AM-PM Indoor Walking 9:30 AM Tai Chi Advance Class 10AM-3PM Euchre & Lessons 10AM-12PM Chair Massage 11AM Coffee and Chat/Scams 12PM Quilting & Sewing 1PM Yack & Yarnies & Jewelry 1:00 PM Line Dancing	9AM-3PM Indoor Walking 9AM-10AM Bible Study 9:30 AM Tai Chi Beginning Class 10AM-11AM Cardio Drumming 11:30AM-12:30PM Sock Hop 1PM Grey Matter Band Practice	8AM-& 1:30PM Open Pickleball 9AM-3PM Indoor Walking 9:30 AM Tai Chi Advance Class 10AM-2PM Euchre 11AM Strength & Flexibility	Birthday Friday Event 8AM-9AM Women's Pickleball 9AM-12PM Open Pickleball 9AM-3PM Indoor Walking 10AM Cards & Games 11AM – Foot Doctor
10	11	12	13	14
GYM CLOSED FOR RESEAL 9AM-3PM Chess Club 10AM-12PM Pinochle/ Bridge 10:00AM Yoga 10AM Cardio Drumming 11AM Official Mahjong 11AM Strength & Flexibility 11AM-2PM Uno/ Skip-Bo 1PM BINGO	GYM CLOSED FOR RESEAL 9AM-3PM Indoor Walking 9:30 AM Tai Chi Advance Class 10AM-3PM Euchre & Lessons 10AM-12PM Chair Massage 11AM-12PM Impact Classes 12PM Quilting & Sewing 1PM Yack & Yarnies & Jewelry 1:00 PM Line Dancing Sign-up for walk to Bridge	GYM CLOSED FOR RESEAL 9AM-3PM Indoor Walking 9AM-10AM Bible Study 9:30 AM Tai Chi Beginning Class 10AM-11AM Cardio Drumming	GYM CLOSED FOR RESEAL Valentine Luncheon 9AM-3PM Indoor Walking 9:30 AM Tai Chi Advance Class 10AM-2PM Euchre 10:00 AM Blood Pressure Check 11AM Strength & Flexibility 11:00 AM Brainstorming	GYM CLOSED FOR RESEAL 9AM-3PM Indoor Walking 10AM Cards & Games
17	18	19	20	21
GYM CLOSED FOR RESEAL 9AM-3PM Chess Club 10AM-12PM Pinochle/ Bridge 10:00AM Yoga 10AM Cardio Drumming 11AM Official Mahjong 11AM Strength & Flexibility 11AM-2PM Uno/ Skip-Bo 1PM BINGO	GYM CLOSED FOR RESEAL 9AM-PM Indoor Walking 9:30 AM Tai Chi Advance Class 10AM-3PM Euchre & Lessons 10AM-12PM Chair Massage 12PM Quilting & Sewing 1PM Yack & Yarnies & Jewelry 1:00 PM Line Dancing	GYM CLOSED FOR RESEAL 9AM-3PM Indoor Walking 9AM-10AM Bible Study 9:30 AM Tai Chi Beginning Class 10AM-11AM Cardio Drumming 1PM Grey Matter Band Practice	GYM CLOSED FOR RESEAL 9AM-3PM Indoor Walking 9:30 AM Tai Chi Advance Class 10AM-2PM Euchre 11AM Strength & Flexibility	GYM CLOSED FOR RESEAL 8AM-9AM Women's Pickleball 9AM-12PM Open Pickleball 9AM-3PM Indoor Walking 10AM Cards & Games
24	25	26	27	28
8AM-& 1:30PM Open Pickleball 9AM-3PM Chess Club 10AM-12PM Pinochle/ Bridge 10:00AM Yoga w/Dr. Reddy 10AM Cardio Drumming 11AM Official Mahjong 11AM Strength & Flexibility 11AM-2PM Uno/ Skip-Bo 1PM BINGO	Mardi Gras Party Luncheon 8 AM & 1:30PM Pickleball 9AM-3PM Indoor Walking 9:30 AM Tai Chi Advance Class 10AM-3PM Euchre & Lessons 10AM-12PM Chair Massage 11AM-12PM Impact Classes 12PM Quilting & Sewing 1PM Yack & Yarnies & Jewelry 1:00 PM Line Dancing	9AM-3PM Indoor Walking 9AM-10AM Bible Study 9:30 AM Tai Chi Beginning Class 10AM-11AM Cardio Drumming	8AM-& 1:30PM Open Pickleball 9AM-3PM Indoor Walking 9:30 AM Tai Chi Advance Class 10AM-2PM Euchre 11AM Strength & Flexibility	Closed for the Staff In-Service