

FEBRUARY 2020

MON	TUE	WED	THU	FRI
	Green— Senior Social Blue—Senior Fitness Red- Learn at the Y			31 10:00 am-Cards/ Board games 1 pm— Lunch and Learn
3 10:00 am-Silver Sneakers Splash	4 10:00 am—Silver Sneakers	5 10:00 am—Aqua Fit	6 8:00 am-Coffee and Conversation 10:00 am—Silver Sneakers	7 10:00 am-Cards/ Board games
10 10:00 am-Silver Sneakers Splash 10 am— Lunch and Learn	11 10:00 am—Silver Sneakers	12 10:00 am—Aqua Fit	13 10:00 am—Silver Sneakers	14 10:00 am-Cards/ Board games
17 10:00 am-Silver Sneakers Splash	18 10:00 am—Silver Sneakers	19 10:00 am—Aqua Fit	20 8:00 am-Coffee and Con- versation 10:00 am—Silver Sneakers	21 10:00 am-Cards/ Board games
24 10:00 am-Silver Sneakers Splash	25 10:00 am—Silver Sneakers	26 10:00 am—Aqua Fit	27 10:00 am—Silver Sneakers	28 10:00 am-Cards/ Board games

