

MON	TUE	WED	THU	FRI
<p><b>BIRTHDAYS</b></p> <p>Marie 2/10                      Maria 2/19                      Kristi (art chi) 2/25                      Agnes 2/28</p>	<p><b>MILTON CARES</b>                      comes in once a week                      for blood pressure                      checks, questions and                      answers and conversation</p>		<p><b>1 8:00</b> Coffee, Tea &amp; Chat  <b>8:00-10:00</b> Table Games  <b>9:00</b> Inspirations  <b>10:00</b> Group trip to                      Roswell History Museum                      &amp; Waffle House</p>	<p><b>2 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>9:00</b> Improve Your Memory  <b>10:00</b> Exercise Class  <b>11:00</b> Bingo  <b>12:00</b> Lunch Served</p>
<p><b>5 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>10:00</b> Brain Teasers  <b>11:00</b> Senior Stretch                      w/ Emery Fit  <b>12:00</b> Lunch Served</p>	<p><b>6 Valentine Party</b>                      Sponsored by N.F. Rotary  <b>9:15</b> Chair Yoga  <b>10:00</b> Games  <b>11:00</b> Bingo  <b>12:00</b> Lunch Served</p>	<p><b>7 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>9:15</b> Knitting Group  <b>10:30</b> Tai Chi  <b>11:00</b> Art Class  <b>12:00</b> Lunch Served</p>	<p><b>8 8:00</b> Coffee, Tea &amp; Chat  <b>8:00-10:00</b> Table Games  <b>9:00</b> Inspirations  <b>10:30</b> Group trip to                      First Watch</p>	<p><b>9 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>9:00</b> Improve Your Memory  <b>10:00</b> Exercise Class  <b>11:00</b> Bingo  <b>12:00</b> Lunch Served</p>
<p><b>12 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>10:00</b> Brain Teasers  <b>11:00</b> Senior Stretch                      w/ Emery Fit  <b>12:00</b> Lunch Served</p>	<p><b>13 Mardi Gras Celebration</b>                      Rummikub/Bananagram...  <b>9:15</b> Chair Yoga  <b>10:00</b> Nutrition Class  <b>11:00</b> Bingo  <b>12:00</b> Lunch Served</p>	<p><b>14 8-12:00</b> Coffee/Chat/Cards                      Happy Valentines Day!  <b>9:15</b> Knitting Group  <b>10:30</b> Tai Chi  <b>11:00</b> Art Class  <b>12:00</b> Lunch Served</p>	<p><b>15 8:00</b> Coffee, Tea &amp; Chat  <b>9:00</b> Inspirations  <b>9:15</b> Site Council  <b>9:30</b> Group trip to                      Dollar Store, Walmart                      Dairy Queen</p>	<p><b>16 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>9:00</b> Improve your Memory  <b>10:00</b> Exercise Class  <b>11:00</b> Bingo  <b>12:00</b> Lunch Served</p>
<p><b>19 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>10:00</b> Brain Teasers  <b>11:00</b> Senior Stretch                      w/ Emery Fit  <b>12:00</b> Lunch Served</p>	<p><b>20 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>9:15</b> Chair Yoga  <b>10:00</b> Arthritis Presentation                      w/ The Knee Pain Center                      Birthday Party Day!</p>	<p><b>21 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>9:15</b> Knitting Group  <b>10:30</b> Tai Chi  <b>11:00</b> Art Class  <b>12:00</b> Lunch Served</p>	<p><b>22 8:00</b> Coffee, Tea &amp; Chat  <b>8:00-10:00</b> Table Games  <b>9:00</b> Inspirations  <b>10:30</b> Group trip to                      Wok and Chopsticks                      SNAP Presentation</p>	<p><b>23 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>9:00</b> Improve your Memory  <b>10:00</b> Exercise Class  <b>11:00</b> Bingo  <b>12:00</b> Lunch Served</p>
<p><b>26 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>10:00</b> Brain Teasers  <b>11:00</b> Senior Stretch                      w/ Emery Fit  <b>12:00</b> Lunch Served</p>	<p><b>27 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>9:15</b> Chair Yoga  <b>10:00</b> Presentation on                      Senior Communties  <b>11:00</b> Bingo</p>	<p><b>28 8-12:00</b> Coffee/Chat/Cards                      Rummikub/Bananagram...  <b>9:15</b> Knitting Group  <b>10:30</b> Tai Chi  <b>11:00</b> Art Class  <b>12:00</b> Lunch Served</p>	<p><b>29 8:00</b> Coffee, Tea &amp; Chat  <b>8:00-10:00</b> Table Games  <b>10:00</b> Cooking Presentation                      Eating Well to Age Well  <b>11:00</b> Bingo sponsored                      by Vitality Living</p>	

Lunch Served Daily