

February Activities

Laptops Available! Check one out at the MAC office! Must remain in the building with laptops!

A Few Fun February Holidays

American Heart Month Black History Month
 2nd Ground Hog Day
 9th National Pizza Day
 13th Mardi Gras
 17th Random Acts of Kindness Day
 22nd National Margarita Day



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Ping Pong Table is located in the Game Room. Please check out paddles & balls from the office. Corn Hole Boards are located in Game Room on the 1st Floor of the East Wing.</i></p>				
			<u>1</u>	<u>2</u>
			12:30 – Line Dancing 2:00 – Zumba Gold	9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:30 – Panther Creek Band 10:30 – Chair Yoga 1:00 – KY Legal Aid
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
9:00 – Mundaycize at Y 9:30 – Games People Play 10:00 – Exercise 12:30- Adams Village Bingo	9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 9:00 – AARP Taxes 9:30 - Storytime 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing	9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise	10:00 – Computer Class 12:30 – Line Dancing 2:00 – Zumba Gold 6:00 – Dance @ MAC – Admission \$5/person	9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00 – The Ambassador Singers 10:30 – Chair Yoga
<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
9:00 – Mundaycize at Y 9:00 – Sepsis Presentation by Owensboro Health 10:00 – Exercise 1:00 – Park Regency Bingo	9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 9:00 – AARP Taxes 10:00 – Social Bridge 10:30 – Chair Yoga 11:30 – Dr. Diane Earle 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing	9:00 – Bingo 10:15 – Hot Chocolate and Surprises 10:00 – Social Bridge 10:00 – No Name Club 10:15 – Exercise	12:00 – Garden Grace Bingo 12:30 – Line Dancing 2:00 – Zumba Gold	9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:30 – Panther Creek Band 10:00– Roosevelt II Bingo 10:30 – Chair Yoga
<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>
9:00 – Mundaycize at Y 10:00 – Exercise 10:00 – Trader Baker Trip	9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 9:00 – AARP Taxes 9:30 - Storytime 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing	9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise 12:00 –Whitesville Bingo	12:30 – Line Dancing 2:00 – Zumba Gold	9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00 – The Ambassador Singers 10:30 – Chair Yoga
<u>26</u>	<u>27</u>	<u>28</u>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> Billiards Room Monday – Friday 8:00 am – 4:30 pm Saturday 8:00 am – Noon </div>	
9:00 – Mundaycize at Y 10:00 – Exercise 10:00 – Collette Ireland Presentation	9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 9:00 – AARP Taxes 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing	9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise		