

FEBRUARY 2023		ACTIVITIES		
Monday	Tuesday	Wednesday	Thursday	Friday
		1 9am Exercise 1pm CRAFTING WITH SONYA (RSVP 740.474.8831)	2	3 9am Exercise Home Helpers (Aides) Table 10-11:15am Bingo 1pm Line Dancing
6 9am Exercise SOLE SOLUTION FOOTCARE 9AM—1PM (by appointment) 1pm Card table set (games)	7 1PM Wits Workout with Jessica, OSU Extension 3pm Clogging	8 Board Meeting 9am Exercise	9 Produce Truck 12:30 pm Chair Yoga	10 9am Exercise 10-11:15am Bingo SOUPER BOWL LUNCH 1pm Line Dancing
13 9am Exercise 10am Older Adult Network 1pm Card table set (games)	14 1PM Wits Workout with Jessica, OSU Extension 3pm Clogging	15 OSHIIP (Medicare) 9am Exercise 2pm WARTIME VETERAN & SURVIVING SPOUSE INFO w Sandie, HomeHelpers	16	17 9am Exercise Honor Home Health Table 10-11:15am Bingo 1pm Line Dancing
20 CENTER CLOSED In honor of President's Day NO HOME DELIVERED MEALS NO CONGREGATE LUNCH, TRANSPORATION, EVENTS	21 Commodities News Crew Breakfast 1PM USE IT OR LOSE IT w/Mike 3pm Clogging	22 9am Exercise February Birthday <i>celebration</i> 11:30 am Lunch	23 Produce Truck 12:30 pm Chair Yoga	24 9am Exercise Lindsay Blackburn LSW 10-11:15am Bingo 1pm Line Dancing
27 9am Exercise SOLE SOLUTION FOOTCARE 9AM—1PM (by appointment) 1pm Card table set (games)	28 11 am Blood Pressure Clinic 1pm Information Session with Wendi Gang 3pm Clogging			