








Meals on Wheels delivers to those who can't join us at the Center Call 388-4711 for more information		Belgrade Senior Center FEBRUARY 2019 Activities			92 E. Cameron Ave Belgrade, MT 59714 388-4711	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	2 
3	4 9 am Movement in Motion 12:45 pm Cribbage	5 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot 1 pm Tax Aid – Call for appointment	6 9 am Movement in Motion 9 am NeedleAires Food Pantry 12:30 pm Dementia Education Class	7 8:30 am Pinochle 12:45 pm Bingo	8 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	9 12:00 pm <b><u>Game Day and Potluck</u></b>
10 	11 9 am Movement in Motion 12:45 pm Cribbage	12 <b><u>Lincoln's Birthday</u></b> 9 am Yoga 10 am Full Body Exercise <b><u>11:30 am Red Rockers @ The Local</u></b> 12:30 pm Hand & Foot 1 pm Tax Aid – Call for appointment	13 9 am Movement in Motion 9 am NeedleAires Food Pantry 1 pm Cooking Class	14 <b><u>Valentine's Day</u></b> 8:30 am Pinochle 12:45 pm Bingo Blood Pressure Check	15 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	16 
17	18 <b><u>President's day</u></b> 9 am Movement in Motion 12:45 pm Cribbage	19 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot <b><u>1 pm Board Meeting</u></b> 1 pm Tax Aid – Call for appointment	20 <b><u>Birthday Celebration</u></b> 9 am Movement in Motion 9 am NeedleAires Food Pantry	21 <b><u>Breakfast Club</u></b> 8:30 am Pinochle 12:45 pm Bingo	22 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	23
24 	25 9 am Movement in Motion 12:45 pm Cribbage	26 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot 1 pm Tax Aid – Call for appointment	27 9 am Movement in Motion 9 am NeedleAires Food Pantry 12:30 pm Dementia Education Class	28 8:30 am Pinochle 12:45 pm Bingo Blood Pressure Check		