

Monday

Tuesday

Wednesday

Thursday

Friday

# February 2025

	<h1>February 2025</h1>			
<p>10:00: Workout <b>3</b>  <b>10:30: Fire Safety County Program</b>          10:30: Drums Alive          12:00: Movie - "It Happened One Night" (1934)          12:30: Trivia Hour</p>	<p>10:00: Workout <b>4</b>  <b>10-12: Diabetes Self Management (EBP)</b>          10:30: Yoga w/ Laurie  <b>12:15: Bingo w/ Sanatoga Court</b>          12:30: Health and Wellness</p>	<p><i>Wear Green or Eagles Attire</i> <b>5</b>          10:00: Workout          10:00: Superbowl Celebration  <b>10:30: Cooking Demo (Sign-up required!)</b>          10:30: Tai Chi w/ Darrel          12:00: Music Magic!          12:15: Bible Study</p>	<p>10:00: Workout <b>6</b>          10:30: Art w/ Jenny          10:30: Zumba w/ Nancy          10:30: Tranquility          12:30: Art w/ Jenny          12:30: Line Dancing w/ Nancy</p>	<p>10:00: Workout <b>7</b>          10:30: Art4Me Viewing          10:30: Tai Chi w/ Darrel          12:00: The History of Black American Music w/ Emeli          12:30: Art4Me Making          12:30: Gardens &amp; Habitats</p>
<p>10:00: Workout <b>10</b>          10:30: Drums Alive  <b>10:30: Valentine's Day Play</b>          12:00: Movie - "The Long Walk Home"          12:30: Valentine's Day Cards</p>	<p>10:00: Workout <b>11</b>  <b>10-12: Diabetes Self-Management (EBP)</b>          10:30: Yoga w/ Laurie  <b>12:15: Bingo w/ Aetna!</b>          12:30: Health and Wellness</p>	<p>10:00: Workout <b>12</b>          10:30: Tai Chi w/ Darrel  <b>10:30: Making the Connection</b>          12:00 Music Magic!          12:15: Bible Study</p>	<p>10:00: Workout <b>13</b>          10:30: Art w/ Jenny          10:30: Zumba w/ Nancy          10:30: Tranquility          12:30: Art w/ Jenny          12:30: Line Dancing w/ Nancy</p>	<p>10:00: Workout <b>14</b>  <b>10:30: Valentine's Day Fair!</b>          10:30: Tai Chi w/ Darrel          10:30: Art4Me Viewing  <b>12:30: Valentine's Day Fair!</b>          12:30: Art4Me Making          12:30: Gardens &amp; Habitats</p>
<p>10:00: Workout <b>17</b>          10:30: President's Day Presentation          10:30: Drums Alive          12:00: Movie "Living with Lincoln"          12:15: Games</p>	<p>10:00: Workout <b>18</b>          10:30: Yoga w/ Laurie          10:30: Tie-Dyeing for Folk Fest          10:30: Health and Wellness          12:15: Bingo!</p>	<p>10:00: Workout <b>19</b>          10:30: Tai Chi w/ Darrel  <b>10:30: Drum Circle w/ Episcopal Academy</b>  <b>10:30: Making the Connection</b>          12:00: Music Magic          12:15: Bible Study</p>	<p>10:00: Workout <b>20</b>          10:30: Art w/ Jenny          10:30: Zumba w/ Nancy          10:30: Tranquility          12:30: Art w/ Jenny          12:30: Line Dancing w/ Nancy</p>	<p>10:00: Workout <b>21</b>          10:30: Art4Me Viewing          10:30: 12:30: AI Writer's Studio w/ Mark          10:30: Tai Chi w/ Darrel          12:30: Art4Me Making          12:30: Gardens &amp; Habitats</p>
<p>10:00: Workout <b>24</b>          10:30: Drums Alive          10:30: Jeopardy!          12:00: Movie - "The Three Stooges"          12:30: Tea and Puzzles</p>	<p>10:00: Workout <b>25</b>          10:30: Yoga w/ Laurie          10:30: Positive New Hour          10:30: Health and Wellness          12:15: Bingo</p>	<p>10:00: Workout <b>26</b>  <b>10:30: Making the Connection</b>          10:30: Tai Chi w/ Darrel          12:00: Music Magic!          12:15: Bible Study</p>	<p>10:00: Workout <b>27</b>          10:30: Art w/ Jenny          10:30: Zumba w/ Nancy          10:30: Tranquility          12:30: Art w/ Jenny          12:30: Line Dancing w/ Nancy</p>	<p>10:00: Workout <b>28</b>          10:30: Art4Me Viewing          10:30: Tai Chi w/ Darrel  <b>12:00: Birthday Celebration!</b>          12:30: Art4Me Viewing          12:30: Gardens &amp; Habitats</p>

Programs are subject to change without notice. Questions, concerns and suggestions can be sent to Emeli Sosa at [esosa@montcosaac.org](mailto:esosa@montcosaac.org)