

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 10:00 am - 11:00 am Chair Fitness 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual) 2:30 pm - 3:30 pm Game Day	2	3	4
5 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops 11:00 am - 12:00 pm Line Dancing Class- Advanced	6 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	7 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP)- Dougherty/Lee County 12:00 pm - 1:00 pm Dementia Family Support Group - Albany	8 10:00 am - 11:00 am Chair Fitness 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual) 2:30 pm - 3:30 pm Game Day BINGO-Virtual	9	10	11
12 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops 11:00 am - 12:00 pm Line Dancing Class- Advanced	13 9:00 am - 12:00 pm AARP Smart Driver Course 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	14 9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP)- Dougherty/Lee County	15 9:00 am - 11:00 am ADRC Advisory Council/Senior Hunger Coalition-VIRTUAL 10:00 am - 11:00 am Chair Fitness 12:00 pm - 1:00 pm Dementia Friends Online Sessions	16	17	18
19 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops	20 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 12:00 pm Movie & a Mission 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	21 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP)- Dougherty/Lee County	22 9:00 am - 1:00 pm Dealing with Dementia Workshop 10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm "A Better Way Grocers" Mobile Grocery Truck	23	24	25
26 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops 11:00 am - 12:00 pm Line Dancing Class- Advanced	27 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	28 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP)- Dougherty/Lee County				