

Senior Wellness Programs — February 2025

Mon	Tue	Wed	Thu	Fri
Jan 27	28	29	30	31
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Zuppa Toscana</i> Special Bingo with Fircrest Seniors	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
Feb 3	4	5	6	7
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Enchilada Casserole</i> Tidbit Tuesday Jill with Dementia Planning	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 9am-12p, SHIBA Appts. with Dave Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
10	Valentines Party 11	12	13	14
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Spaghetti</i> Entertainment by Chris Anderson	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
17	18	19	20	21
CLOSED for President's Day	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Lunch Lady Special</i> Bunco and Dominoes	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 9am-12p, SHIBA Appts. with Dave Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
24	25	26	27	28
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group 6:00pm Square Dance Class	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Shepherds Pie</i> Bingo	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	



**“in February
there is
everything
to hope for
and nothing
to regret”**