

8:30 - 2:30 MON - WED - THUR

PHONE: 467-6917

WE BEGIN SERVING LUNCH  
 AT 11:30

# FEBRUARY 2018

MONDAY	WEDNESDAY	THURSDAY
		1 9:15 LINE DANCING 12:00 CARDS AND GAMES
5 9:30 GENTLE AEROBICS 10:30 <b>BLOOD PRESSURE CHECK</b> 12:30 VEGGIE MOBILE 12:30 CARDS AND GAMES	7 10:00 BIBLE STUDY 12:00 CARDS AND GAMES	8 9:15 LINE DANCING 12:00 CARDS AND GAMES
12 9:30 GENTLE AEROBICS 12:30 VEGGIE MOBILE 12:30 CARDS AND GAMES	14  10:00 BIBLE STUDY 12:30 VALENTINE BINGO 12:30 CARDS AND GAMES	15 9:15 LINE DANCING 12:00 CARDS AND GAMES
19 <b>CENTER IS CLOSED PRESIDENTS DAY</b>	21 10:00 BIBLE STUDY 12:00 CARDS AND GAMES	22 9:15 LINE DANCING 12:00 CARDS AND GAMES
26 9:30 GENTLE AEROBICS 12:30 VEGGIE MOBILE 12:30 CARDS AND GAMES	28 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:30 <b>SURPRISE BINGO</b>	

## Nutrition Notes...

♥♥ *It is heart healthy month* ♥♥

Your heart's health is dependent upon eating a balanced diet in addition to warming your heart with time spent with others. I recommend putting some soup on! It may be easier for you to cook a huge pot of stew or soup when you have the time, then divide it into smaller portions to freeze. This way you will always have something to bring comfort and nutrition on those cold winter days. Don't be shy about inviting others to come and enjoy a meal with you. Let them nourish your body and your soul by investing time together. ♥

*Wishing you wellness,*

♥ *Cassie, Nutrition Director*