

Director - Julie Ruttinger

Cook- Carole Jones

FEBRUARY 2019

SERVING LUNCH at 11:30

OPEN 8:30 - 2:30

ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION 467-6917

MONDAY	WEDNESDAY	THURSDAY
4	6	7
9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 10:30 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	9:00 GENTLE EXERCISE 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 HORSE RACE GAME	9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
11	13	14
9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 12:30 VEGGIE MOBILE 9:00 BREAKFAST 9:00 am (donation)	9:00 GENTLE EXERCISE 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 JOHN VALENTI- SINGER	9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES <p style="text-align: center;">VALENTINE'S DAY</p>
18	20	21
<p>PRESIDENTS DAY CLOSED</p>	9:00 GENTLE EXERCISE 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 BINGO/CRAFTS	9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES 12:15 Steffanie Riggs - Speaker Winter Skin Care
25	27	28
9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 10:30 CENTER BOARD MEETING 12:30 VEGGIE MOBILE	9:00 GENTLE EXERCISE 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:15 BINGO/CRAFTS	9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES

NUTRITION NOTES:

• ♥ *It is heart healthy month*
♥

To help prevent heart disease, you can:

- Maintain a healthy diet.
- Stay active.
- Achieve a healthy weight.
- Quit smoking and avoid second-hand smoke.
- Control your cholesterol and blood pressure.
- Consume alcohol only in moderation.
- Manage stress.

Wishing you wellness,

♥ *Cassie, Nutrition Director*

Lenawee County Dept. On Aging, 1040 S. Winter St., Suite 3003, Adrian, MI 49221 phone: 264-5280

6-Feb Brookdale - Horse Race Game

13-Feb John Valenti - Singer Valentine Songs

21-Feb Steffanie Riggs - Speaker Winter Skin Care