



Greendale

4011 W. Isabella Road (West Midland Family Center)

February Activities

Join us on Mondays, Wednesdays and Fridays for fun and great food!

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| Friday, February 1 | Stronger Seniors Strength Chair Exercises at 9:00am
Super Bowl Party Snack sharing starts at 10:00am |
| Monday, February 4 | Chair Exercises at 9:00am, Snack Sharing at 10:00am, Bingo at 10:30 |
| Wednesday, February 6 | Birthday & Anniversary Party with a \$5 gift card drawing, Bowling Tournament at 9:00am, Blood Pressure clinic starts at 10:30am |
| Friday, February 8 | Soap Making Arts & Crafts at 9:30am, Bingo at 10:30am |
| Monday, February 11 | National Peppermint Patty Day - bring your favorite mint/chocolate recipes to share with others |
| Wednesday, February 13 | Valentine's Day Party: Music by Wildfire at 10:30am, snack sharing and chocolate bar, a delicious special meal will be served to you! |
| Friday, February 15 | Stronger Senior Chair Exercises at 9:00, music by Stillwater at 10:30 |
| Monday, February 18 | Presidents Day - Presidents Trivia at 9:30am, Bingo at 10:30am |
| Wednesday, February 20 | Euchre Tournament beginning at 9:30am, \$5 gift card for the winner, |
| Friday, February 22 | St. Patrick's Day craft day with the West Midland Family Center kids |
| Wednesday, February 27 | Bowling Tournament at 9:00am; Texas Hold 'em Tournament at 9:30
Healthy Hints on "Is Laughter Really the Best Medicine?" at 12:15pm |

Bingo on Mondays at 10:30am

Zumba Fitness Mondays and Wednesdays from 10:00 - 11:00am

Walking in the Gym Daily at 7:30am - 8:00pm, Mon. - Sat.

Puzzles, Exercise, Cards, Games and Pool Available Daily

Greendale Center...
Better Living Starts Here

For Information and Reservations CALL 832-8683