


















February Activities Calendar

Dignity Health Connected Living Senior Dining Room

3	Monday	4	Tuesday	5	Wednesday	6	Thursday	7	Friday
	Senior Volleyball 10:00-11:00am 	Bob Higgins - Music 11:00-12:00 Chair Yoga 10:00-10:45 	Bingo 10:00 - 11:00 	Card Making Class Scraps by Sissie 10:00-11:30 \$5.00 	Fitness Class 10:00-11:00 Senior Karaoke 				
#	Monday Senior Volleyball 10:00-11:00am Valentines Dinner/Dance 4:30-6:30 	Tuesday Bob Higgins - Music 11:00-12:00 Chair Yoga 10:00-10:45 	Wednesday Bingo 10:00 - 11:00 Cal Fresh Cooking Class Tiffany Greer 1145-12:45	Thursday North State Symphony 11:30 	Friday No Activities Dine In Small Dining Room				
#	Monday President's Day 	Tuesday Bob Higgins - Music 11:00-12:00 Chair Yoga 10:00-10:45 	Wednesday Bingo 10:00 - 11:00 	Thursday Painting with Jim C 10:00-11:30 	Friday Fitness Class 10:00-11:00  Senior Karaoke				
#	Monday Senior Volleyball 10:00-11:00 Sheine Nechome Musical Ensemble  1145 Pizza Field Trip - cost varies Free Bus Transportation	Tuesday Bob Higgins Music 11:00-12:00 Chair Yoga 10:00-10:45 February Birthday Celebration 	Wednesday Bingo 10:00 - 11:00	Thursday Craft Time with Geri C 10:00-11:30 \$3.00 	Friday Fitness Class 10:00-11:00  Senior Karaoke				