

February 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Cinemark-Lou & V Antique Mall - Shane	2
3 COOK CLASS: Shake & bake chicken, au gratin potatoes & veggie.	4 Lunch/shopping in Canton-Josie & Kaylie Soup Kitchen Valentine's Decorating Paint with Twila	5 Church Volunteer-Jes & Jackie YMCA Yoga Soup Kitchen	6 Soup Kitchen Silver Sneakers	7 Lunch at church YMCA Yoga Charmed - Lou/V	8 Silver Sneakers Game Day	9
10 COOK CLASS: Sloppy Joe, tater tots and fruit.	11 Soup kitchen Silver Sneakers Valentine's crafts Painting with Twila	12 Soup Kitchen Church Volunteering YMCS Yoga	13 Soup Kitchen Silver Sneakers McKinley Museum Healthy Eating	14 Valentine Party YMCA - Yoga	15 Lunch/Mall Cinemark - Steve&Lou Exploring	16
17 COOK CLASS: Johnny Marzetti, garlic bread.	18 NO KITCHEN- HOLIDAY Silver Sneakers Painting with Twila	19 Soup Kitchen YMCA - Yoga Church volunteering	20 Soup Kitchen Silver Sneakers Exercise Karoke	21 Charmed -Steve/Lou YMCA - Yoga Pearl Valley outing	22 Silver Sneakers Uno Tournament	23
24 COOK CLASS: Grilled ham and cheese, veggies, brownie.	25 Soup Kitchen Silver Sneakers Painting with Twila	26 Soup Kitchen YMCA - Yoga Church volunteering	27 Soup Kitchen Kathy's Outing	28 Charmed -Steve/Lou YMCA - Yoga Bowling - Josie/Kaylie	1	2
3	4	NOTES				