




February 2025

Love Your Heart Month
American Heart Association

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yoga 9:15-9:45am Silver Sneakers 10am Chicks w/Sticks 10am Bridge Club Kindness Crew Noon Line Dancing 1pm Feed the Birds Day	Quilting Bees 9am Bible Study 9am (Ray Branch) Arthritis Class 10am Trivia w/Sharlynn Senior Songfest Noon Bunco 1pm (Don't forget your item for Rescue Dog!) WMCT – Amelia Saltarelli	CLOSED <i>Special music</i> w/Steve Dunfee Veterans' Café 11am	Arthritis Class 10am Cardmaking/Adult Coloring 10am Tabletop Games Line Dancing 1pm Abingdon Walmart & Cracker Barrel Trip \$5	Silver Sneakers 10am Tabletop Games Senior Jam 11am Writing Club 1:30pm  w/Mountain City Care Center Wear your favorite TEAM'S colors! Super Bowl Party
Chair Yoga 9:15-9:45am Silver Sneakers 10am Chicks w/Sticks 10am Bridge Club Kindness Crew Noon Line Dancing 1pm	Quilting Bees 9am Bible Study 9am (Steven Spencer) Arthritis Class 10am Senior Songfest Noon WMCT – Quilting Bees Make a Friend Day	Chair Yoga 9:15-9:45am Silver Sneakers 10am Senior Jam 11am Adult Coloring & activities	Arthritis Class 10am Cardmaking/Adult Coloring 10am Tabletop Games Improv 12:30 pm Line Dancing 1pm	Silver Sneakers 10am Tabletop Games Writing Club 1:30pm  w/Eric Gartland Valentine's Banquet \$10 Friday, February 14 th 11am-1pm Special music w/The Playwrights Desserts from Silver Angels! Valentine's Day
CLOSED President's Day	Quilting Bees 9am Bible Study 9am (Rick Thomason) Arthritis Class 10am Senior Songfest Noon Bunco 1pm (Don't forget your item for Rescue Dog!) WMCT – Pam Steinke	Chair Yoga 9:15-9:45am Silver Sneakers 10am Senior Jam 11am Adult Coloring & activities	Arthritis Class 10am Cardmaking/Adult Coloring 10am Tabletop Games Line Dancing 1pm	Silver Sneakers 10am Tabletop Games Writing Club 1:30pm  w/Ballad Love Your Heart Day w/Ballad Health & Dr. Hartsoe 11am – 1pm
Random Acts of Kindness Week				
Chair Yoga 9:15-9:45am Silver Sneakers 10am Chicks w/Sticks 10am Bridge Club Cards w/Lynda 11am Kindness Crew Noon Book Club Noon Line Dancing 1pm	Quilting Bees 9am Bible Study 9am (Tyler Fenner) Arthritis Class 10am Trivia w/Sharlynn Senior Songfest Noon WMCT – Sandy Clouse	Chair Yoga 9:15-9:45am Silver Sneakers 10am Senior Jam 11am Adult Coloring & activities	Arthritis Class 10am Cardmaking/Adult Coloring 10am Tabletop Games Line Dancing 1pm Special music w/Randy Dandurand National CHILI Day Fundraiser! \$10 w/Gentiva National Chili Day	Silver Sneakers 10am Tabletop Games Writing Club 1:30pm

REMINDER: Our Exercise Room and Billiards Tables are open Monday through Friday 9am to 4pm.

Blood Pressure & Glucose checks available 10am-noon M-W,F (Glucose available Monday & Friday)