

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>HAPPY HEALTHY HEART MONTH!!</b></p>			9am *Line Dance 1 10am *Bible Study 10:15 *Chair Yoga	9am *Exercise 2 10am "Heart 2 Heart" Bingo w/Legacy Village  <b>Ruth's B-Day</b> <small>Groundhog Day</small>	10am Errand Day 3	
5  <b>L</b>	9am *Exercise 6 10am <b>Behaviors of Alzheimer's Valentine King/Queen Nominations</b> 10:15 *Chair Yoga	9am *Exercise 7 10:15 *Computer Class	8 9am *Line Dance 10am *Bible Study 10:15 *Chair Yoga <b>Vera's B-Day</b>	9am *Exercise 9 10am Games w/Bethany Hospice <b>Willie Mae's B-Day</b>	10am *Senior Steppers (walking to music) 10  <b>Valentine King/Queen Drawings</b>	11 
12  <b>O</b>	9am *Exercise 13 10am "Heart Check" 10:15 *Chair Yoga	9am *Exercise 14 10:15 *Computer Class <b>VALENTINE LUNCHEON (LRSC)</b> <small>Valentine's Day</small>	15 9am *Line Dance 10am *Bible Study 10:15 *Chair Yoga	9am Exercise 16 10am Crafts w/Kim	10am Games w/Crossroads Community Source 17  7pm <b>SELF</b>	9am *AARP Driver Safety 18  
19  	9am *Exercise 20 10am Black History "Did You Know" 10:15 *Chair Yoga <small>Presidents' Day</small>	9am *Exercise 21 10:15 *Computer Class  <small>Mardi Gras</small>	22 9am *Line Dance 10am *Bible Study 10:15 *Chair Yoga <small>Ash Wednesday</small>	9am *Exercise 23 10am *Medicare Counseling  <b>Ethel's B-Day</b>	10am Bingo w/Always Caring Senior Care 24  	25  <b>Jess' B-Day</b>
26  <b>E</b>	9am *Exercise 27 10am *Music w/Deloris 10:15 *Chair Yoga	9am *Exercise 28 10:15 *Computer Class	 <p><b>FEBRUARY 2023</b>  <b>LEROY ROGERS SENIOR CENTER</b></p>			