

Monday

Tuesday

Wednesday

Thursday

Friday



FEBRUARY 2012



		Feb 1 9:15 & 10:30 Enhance Fitness® 12:30 Euchre	Feb 2 Arthritis Foundation® 9:45 Tai Chi Program 12:30 Wii® Bowling 5:00 Dinner at COA 6:00 Grand Valley Strings	Feb 3 9:15 & 10:30 Enhance Fitness® 9:00 – 12:00 Fit to be Tied Quilters at First Christian Church **WEAR RED DAY**
Feb 6 9:00 Armchair Exercise 9:15 & 10:30 Enhance Fitness®	Feb 7 Arthritis Foundation® 9:45 Tai Chi Program 10:45 Line Dance 12:30 Wii® Bowling 1:00 Duplicate Bridge	Feb 8 9:15 & 10:30 Enhance Fitness® 12:30 Euchre	Feb 9 9:00 CoA Board Meeting 12:00 Valentine's Party 5:00 Dinner at COA 6:00 Grand Valley Strings	Feb 10 9:15 & 10:30 Enhance Fitness
Feb 13 9:00 Armchair Exercise 9:15 & 10:30 Enhance Fitness®	Feb 14 Arthritis Foundation® 9:45 Tai Chi Program 12:30 Wii® Bowling 1:00 Partner Bridge	Feb 15 9:15 & 10:30 Enhance Fitness® 12:30 Euchre	Feb 16 Arthritis Foundation® 9:45 Tai Chi Program 12:30 Wii® Bowling 5:00 Dinner at COA 6:00 Grand Valley Strings	Feb 17 9:15 & 10:30 Enhance Fitness® 9:00 – 12:00 Fit to be Tied Quilters at First Christian Church
Feb 20 Presidents Day Holiday COA Closed	Feb 21 9:00 Armchair Exercise Arthritis Foundation® 9:45 Tai Chi Program 10:45 Line Dance 12:30 Wii® Bowling 1:00 Duplicate Bridge	Feb 22 9:15 & 10:30 Enhance Fitness® 12:30 Euchre	Feb 23 Arthritis Foundation® 9:45 Tai Chi Program 12:30 Wii® Bowling 5:00 Dinner at COA 6:00 Grand Valley Strings	Feb 24
Feb 27 9:00 Armchair Exercise 9:15 & 10:30 Enhance Fitness®	Feb 28 Arthritis Foundation® 9:45 Tai Chi Program 12:30 Wii® Bowling 1:00 Partner Bridge 2:00 Vision Support Group	Feb 29 9:15 & 10:30 Enhance Fitness® 12:30 Euchre		