

828-698-8571

828-692-3320

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29	30 Balance & Fitness 10:00 <i>Healthy Living</i> 1:00-2	31 Bingo 10:45AM 	1 Balance & Fitness 10:00	2 Chair Yoga 10:00	3
4	5 Janice making hot dogs 	6 Balance & Fitness 10:00	7 Go Store! Deals Day 10:45	8 Balance & Fitness 10:00	9 Chair Yoga 10:00	10
11	12 <u>Hair Day</u> Blue Ridge Community College	13 MARDI GRAS Balance & Fitness 10:00 Blood Pressure Check	14 VALENTINES DAY Bingo 10:45 	15 Balance & Fitness 10:00	16 Chair Yoga 10:00	17
18	19 Crafts With Francis! 10:30	20 Balance & Fitness 10:00	21 Bingo 10:45 	22 Balance & Fitness 10:00	23 Vans Out to Lunch Chair Yoga 10:00	24
25	26 <i>Birthday Celebration</i>	27 Balance & Fitness 10:00	28 Bingo 10:45 	1 Balance & Fitness 10:00	2 Chair Yoga 10:00	3

The Center Hours are Monday-Friday 9:00AM-1:00PM

Lunch is served Monday-Friday at 11:45AM