



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. 8:30AM-10:30 AM Yuan Ji Exercise 10:45AM-12:00PM Awareness through movement 12:00-1:30 PM Line Dance 1:30PM-2:00PM Once a week pick up 5 frozen meals	2. 8:30AM-10:30 AM Yuan Ji Exercise 10:45AM-11:45AM (Via ZOOM) 6:30 PM - 8:30 PM Emergency Preparedness No lunches are served on this day	3. 8:30AM-10:00 AM Tai Chi 10:45AM-12:00PM Awareness through movement 12:00PM – 1:30PM Line Dancing No lunches are served on this day	4. 8:30AM-10:30 AM Yuan Ji Exercise 10:00AM-2:00 PM Chess 11:00AM – 12:30 Hula Le Ale A No lunches are served on this day
7. 8:30AM-10:30AM Yuan Ji Exercise 10:45AM-12:45PM Chinese Folk Dance 12:00-12:30 PM LUNCH PROGRAM No lunches are served on this day	8. 8:30AM-10:30 AM Yuan Ji Exercise 10:45AM-12:00PM Awareness through movement 12:00-1:30 PM Line Dance 1:30PM-2:00PM Once a week pick up 5 frozen meals	9. 8:30AM-10:30 AM Yuan Ji Exercise 10:45AM-11:45 (Via ZOOM) 6:30 PM - 8:30 PM Emergency Preparedness No lunches are served on this day	10. 8:30AM-10:00 AM Tai Chi 10:45AM-12:00 PM Awareness through movement 12:00PM – 1:30PM Line Dancing No lunches are served on this day	11. 8:30AM-10:30 AM Yuan Ji Exercise 10:00AM-2:00 PM Chess 11:00AM – 12:30 Hula Le Ale A No lunches are served on this day
14. HAPPY VALENTINES' DAY 8:30AM-10:30AM Yuan Ji Exercise 10:45AM-12:45PM Chinese Folk Dance 12:00-12:30 PM LUNCH PROGRAM No lunches are served on this day	15. 8:30AM-10:30 AM Yuan Ji Exercise 10:45AM-12:00PM Awareness through movement 12:00 -1:30 PM Line Dance Once a week pick up 5 frozen meals	16. 8:30AM-10:30 AM Yuan Ji Exercise 10:45AM-11:45 (Via ZOOM) 6:30 PM - 8:30 PM Emergency Preparedness No lunches are served on this day	17. 8:30AM-10:00 AM Tai Chi 10:45AM-12:00PM Awareness through movement 12:00PM – 1:30PM Line Dancing No lunches are served on this day	18. 8:30AM-10:30 AM Yuan Ji Exercise 10:00AM-2:00 PM Chess 11:00AM – 12:30 Hula Le Ale A No lunches are served on this day
21. CLOSED 	22. 8:30AM-10:00 AM Yuan Ji Exercise 10:45AM-12:00PM Awareness through movement 12:00 -1:30 PM Line Dance Once a week pick up 5 frozen meals	23. 8:30AM-10:30 AM Yuan Ji Exercise 10:45AM-11:45 AM (Via ZOOM) 7:00 PM - 9:00 PM North & East Neighborhood Group No lunches are served on this day	24. 8:30AM-10:00 AM Tai Chi 10:45AM-12:00PM Awareness through movement 12:00PM – 1:30PM Line Dancing No lunches are served on this day	25. 8:30AM-10:30 AM Yuan Ji Exercise 10:00AM-2:00 PM Chess 11:00AM – 12:30 Hula Le Ale A No lunches are served on this day
28. 8:30AM-10:30 AM Yuan Ji Exercise 10:45AM-12:45PM Chinese Folk Dance 12:00-12:30 PM LUNCH PROGRAM No lunches are served on this day				

ROOM B: Due to staffing our Pool tables, Cards tables and Exercising equipment will be open from 10:00AM to 2:00PM Thank you for understanding.