





VALLEY WEST CENTER ACTIVITIES February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring	2
3 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	4	5 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	6 8:00 Games/Cards 9:00 Walk N Roll Exercise 10:00 Bingo 11:00 Site Council	7 8:00 Socialization 9:00 Crafts/Cards with C.C. 11:00 Bingo	8 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring Contest	9
10 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	11	12 8:00 Games/Cards 9:00 Valentine's Cookies 10:30 Sing-Along With Gene V.	13 8:00 Valentine's Cookies 9:00 Walk N Roll Exercise 10-12 Diabetes Education Class	14 Valentine's Day Celebration 11:00 Valentine Bingo	15 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring	16
17 	18 CLOSED! PRESIDENT'S DAY	19 8:00 Games/Cards 10:30 Name that Tune With Gene V. 11:00 Crafting Activity	20 8:00 Games/Cards 9:00 Walk N Roll Exercise 10-12 Diabetes Education Class	21 8:00 Socialization 9:00 Crafts 11:00 Grocery Bingo with Wesley	22 8:00 Socialization 9:00 Stretching Exercise 10:00 Crafting Birthday Celebration	23 
24 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	25	26 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	27 8:00 Games/Cards 9:00 Walk N Roll Exercise 10-12 Diabetes Education Class	28 8:00 Socialization 9:00 Crafts/Riddles 10:00 Blood Pressure 11:00 Bingo		
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