

# FEBRUARY 2023

## VIRTUAL & IN- PERSON ACTIVITIES



RSVP by calling 513.244.5485!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			9:30 – 10am: Daily Calm 10 – 10:45am: Boom Move!	9:30 – 10am: Daily Calm 10 – 11am: Chair Yoga 11 – 11:45am: Tai Chi Flow 1 – 2pm: Line Dancing at Knox	9:30 – 10am: Daily Calm  RSVP for Bronte	8:30 – 9:30am: Chair Aerobics
5	6	7	8	9	10	11
	9:30 – 10am: Daily Calm 11am – 12pm: Diane Shields: Maria Longworth of Cincinnati 1:30 – 3pm: Monday Movie: Beauty Shop	9:30 – 10am: Daily Calm 10 – 11pm: Better Balance Safer You at Knox	9:30 – 11am: Cooking Studio at La Soupe 10 – 10:45am: Boom Move! 1-2pm: Virtual Caregiver Support Group by Better Approach to Memory Care	9:30 – 10am: Daily Calm 10 – 11am: Chair Yoga 11 – 11:45am: Tai Chi Flow 1 – 2pm: Line Dancing at Knox	9:30 – 10am: Daily Calm 5 – 6:30pm: Bronte Bistro Dinner 6:30 – 8:30pm: Ron Purdon Concert  RSVP for Valentine's Celebration & Jungle Jim's	8:30 – 9:30am: Chair Aerobics 10 – 11am: Tai Chi Flow Plus
12	13	14	15	16	17	18
	9:30 – 10am: Daily Calm 10 – 10:30am: Mindfulness Journaling 2:30 – 4pm: Monday Movie: Judy	9:30 – 10am: Daily Calm 10 – 11pm: Better Balance Safer You at Knox  HAPPY VALENTINE'S DAY ❤️	9:30 – 10am: Daily Calm 10 – 10:45am: Boom Move! 1 – 2pm: Valentine's Celebration at Redeemer	9:30 – 10am: Daily Calm 10 – 11am: Chair Yoga 11 – 11:45am: Tai Chi Flow 1 – 2pm: Line Dancing at Knox 1-3pm: Caring for the Caregiver Writing Experience	9:30 – 10am: Daily Calm 11:30-2pm: Lunch & Shopping at Jungle Jim's  RSVP for City Stops & Belterra	8:30 – 9:30am: Chair Aerobics 10 – 11am: Tai Chi Flow Plus
19	20	21	22	23	24	25
	9:30 – 10am: Daily Calm 1:30 – 3pm: Monday Movie: 10 Truths About Love	9:30 – 10am: Daily Calm 12 – 1:30pm: City Stops – Mardi Gras at Allyn's Cafe	9:30 – 10am: Daily Calm 10 – 10:45am: Boom Move! 1 – 2pm: Book Club – Honor by Thrity Umrigar	9:30 – 10am: Daily Calm 10 – 11am: Chair Yoga 11 – 11:45am: Tai Chi Flow 1 – 2pm: Line Dancing at Knox	9:30 – 10am: Daily Calm 11:30am-2:30pm: Lunch & Belterra Casino 4-4:30pm: Juniors Helping Seniors RSVP Beginner Dominoes	8:30 – 9:30am: Chair Aerobics 10 – 11am: Tai Chi Flow Plus
26	27	28				
	9:30 – 10am: Daily Calm 10 – 10:30am: Mindfulness Journaling 11:30am – 3pm: Domino Divas & Dudes at Seasons: Beginner/Experienced Groups 1:30 – 3pm: The Pink Panther	9:30 – 10am: Daily Calm				