



Activities & Events February 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is served Monday to Friday at Noon			1 9: Quilting 10: Captain Paige Bakes 10:30: Buzz Café 1:30 Senior Fitness \$8	2 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1: Book Club 2: Cardio Drumming
			Soup & Salad	Turkey Waldorf
5 9:30: Mahjongg Lessons 9:30: Beginner Tai Chi Zoom Class \$3 10:40: Traditional Tai Chi Zoom Class \$3 10: Bridge 1: Bingo	6 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: SLN: Cane River Creole National Park	7 Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: Healthy Blood Pressure	8 9: Quilting 10:30: Buzz Café 1: BugbeeTalks: Learn ASL! 1:30 Senior Fitness \$8	9 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming
Salisbury Steak	Cranberry Chicken	Baked Ham	Chowder & Salad	Veggie Quiche
12 9:30: Mahjongg Lessons 9:30: Beginner Tai Chi Zoom Class \$3 10:40: Traditional Tai Chi Zoom Class \$3 10: Bridge 1: Bingo 1: Valentine's Day Card Making	13 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: SLN: Glacier Bay National Park	14 Foot Clinic Valentine's Day & Birthday Lunch 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Viola Tunes	15 9: Quilting 10:30: Buzz Café 1:30 Senior Fitness \$8 1:30: Visually Impaired Group	16 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming
Chicken Parm	Meatloaf	Baked Haddock	Chop Suey	C&S Pizza
Bugbee Closed for President's Day	20 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: SLN: Life & Legacy of Jackie Kennedy	21 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: Alzheimer's: Effective Communication	22 9: Quilting 10:30: Buzz Café 1:30 Senior Fitness \$8	23 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming
	Taco Soup	Roast Pork	BBQ Chicken	Stuffed Shells
26 9:30: Mahjongg Lessons 9:30: Beginner Tai Chi Zoom Class \$3 10:40: Traditional Tai Chi Zoom Class \$3 10: Bridge 1: Bingo 1: Painting w/ Christine	27 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: SLN: Extraordinary Life of Rosalyn Carter	28 Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: Mindfulness Meditation	29 9: Quilting 10:30: Buzz Café 1:30 Senior Fitness \$8	Reservations required for in house meals. Call us before 10:30 to sign up!
Mac & Cheese	BBQ Ribs	Chicken Pot Pie	Pork Chop	