



# What's Happening in February

## #SHARETHELOVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 MOVIE NIGHT (D) "THE HOUSE WITH A CLOCK IN ITS WALLS"	2
3 FIVE SQUARED ART SHOW & SALE	4 KITCHEN CHAT (D) *PARENT OREIENTATION AFTERSCHOOL PROGRAM (D)	5 *LUNCH & LEARN (D) OZONE THERAPY AND REGENERATIVE MEDICINE *ENCAUSTIC WORKSHOP (D) *PARENT OREIENTATION AFTER SCHOOL (D)	6 *MUNCH & LEARN (D) HEALTH MIRACLE DR. DAVID VITKO	7 *HEALTHY LIVING FOR BRAIN AND BODY (D) ALZHEIMERS ASSOCIATION	8	9 *30-30-30 (D)
10	11 MEDICAL MUTUAL (C)  Pilates Reformer	12 BLOOD PRESSURE SCREENING (D) CANFIELD PLACE *HEALTHY SOLUTIONS JOIN THE REVOLUTION (D) DORETTA HEGG Open House (D)	13 *LUNCH & LEARN (D) GOOD PAIN VS BAD PAIN DR. JOHN YERKEY	14 VALENTINE'S DAY ENTERTAINMENT JIM PONDILLO (D) MADE WITH LOVE BAKE SALE (D) LEADERS CLUB	15 *OFF SCHOOL DAY CAMP (D)	16 *COCOA & CANVAS (D) *PARENT'S NIGHT OUT (D)
17	18 PRESIDENTS DAY *OFF SCHOOL DAY CAMP (D)	19 *MUNCH & LEARN (D) MEDICARE SUPPLEMENTS 101 MEDICAL MUTUAL *DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP) SESSION 1 (D)	20 MUNCH & LEARN PINNACLE HEALTH CONCEPTS (C) RYAN STAFFING JOB FAIR (D)	21 BLOOD PRESSURE SCREENING (D) GREENBRIAR *MUNCH & LEARN (D) DYING IS NOT AN OPTION. PREPARING FOR IT IS.	22	23 *FUSED GLASS JEWELRY WORKSHOP (D)
24 *YOGA FOR ATHLETES (C)	25 MEDICARE 101 (D)	26 *DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP) SESSION 2 (D)	27	28 *CALLIGRAPHY WORKSHOP (D) *MUFFINS & MOTIVATION (D) STRESS MANAGEMENT SURVIVAL SKILLS		

**\*Registration Required.** For more information about any of the events listed above, please pick up a flyer in the Lobby.

C=Central D=Davis

Stop by the Service Desk to get more information about these programs.



# FEBRUARY UPCOMING EVENTS

DATE	DAY	TIME	EVENT	RR	Y LOCATION
1	Fri	7:00-9:30 p.m.	Movie Night "The House With A Clock In It's Wall"		Davis-MPR
3	Sun	1:30-3:00 p.m.	Five Squared Art Show and Sale		Davis-L
4	Mon	10:00 -11:00 a.m.	Kitchen Chat—Learn How to Use an Air-Fryer and Instant-Pot		Davis-CR
4-5	M-Tu	5:00-7:00 p.m.	Parent Orientation for After School	RR	Davis-CR
5	Tue	1:00-2:00 p.m.	Lunch-N-Learn—Pinnacle Health: Dr. Gudaitis- Ozone Therapy and Regenerative Medicine	RR	Davis-CR
5	Tue	4:00-6:00 p.m.	Encaustic Workshop	RR	Davis-AR
6	Wed	11:30 a.m.-12:30 p.m.	Munch & Learn—Dr. David Vitko-Health Miracle...Available for Everyone	RR	Davis-TR
7	Thu	11:00 a.m.-12:00 p.m.	Healthy Living for Brain and Body—Alzheimers Association	RR	Davis-CR
9	Sat	7:30-9:00 a.m.	30-30-30 Class—30 minutes of Spinning, Cardio Challenge, Cardio Blast	RR	Davis-MPR
11	Mon	8:30-10:30 a.m.	Supplemental Insurance: Medicare Supplements 101: Medical Mutual—Roydean Avery		Central-YL
11-14	M-Th	10:30 a.m.-12:00 p.m. 5:00-6:30 p.m.	Pilates Reformer Open House—Class demonstrations and classes		Davis-RS
12	Tue	10:00 a.m.-12:00 p.m.	Blood Pressure Screening—Canfield Place		Davis-L
12	Tue	11:00 a.m.-12:00 p.m.	Healthy Solutions...Join the Revolution—Doretta Hegg	RR	Davis-TR
13	Wed	12:30-1:30 p.m.	Lunch-N-Learn—Dr. John Yerkey: Good Pain VS Bad Pain	RR	Davis-CR
14	Thu	2:00-4:00 p.m.	Valentine's Day Entertainment by James Pondillo		Davis-L
14	Thu	4:30-7:30 p.m.	Made With Love Bake Sale—Leaders Club		Davis-L
15	Fri	9:00 a.m.-4:00 p.m.	School Off Day Camp	RR	Davis-RC
16	Sat	4:00-8:00 p.m.	Parent's Night Out—Love Is In The Air	RR	Davis-PR
16	Sat	5:00-7:00 p.m.	Cocoa & Canvas	RR	Davis-CR
18	Mon	9:00 a.m.-4:00 p.m.	School Off Day Camp	RR	Davis-RC
19	Tue	5:30-7:30 p.m.	Diabetes Empowerment Education Program Session 1	RR	Davis-TR
20	Wed	10:00-11:00 a.m.	Munch & Learn—Pinnacle Health Concepts: Shoulder Pain		Central-YL
20	Wed	1:00-5:00 p.m.	Ryan Staffing Job Fair		Davis-L
21	Thu	10:00 a.m.-12:00 p.m.	Blood Pressure Screening—Greenbriar		Davis-L
21	Thu	1:30 p.m.-2:30 p.m.	Munch & Learn—Sister Pat Fesler and Hillary Madeline-Dying is not an option. Preparing for it is.		Davis-L
23	Sat	1:00-2:30 p.m.	Fused Glass Jewelry Workshop	RR	Davis-AR
24	Sun	2:45-3:45 p.m.	Yoga for Athletes	RR	Central-GE
25	Mon	11:00 a.m.-1:00 p.m.	Medicare 101—James Pondillo		Davis-CR
26	Tue	5:30-7:30 p.m.	Diabetes Empowerment Education Program Session 2	RR	Davis-TR
28	Thu	10:00 a.m.-1:00 p.m.	Calligraphy Workshop	RR	Davis-AR
28	Thu	1:00-2:00 p.m.	Muffins & Motivation—Mental Health Consultants: Stress Management Survival Skills	RR	Davis-TR

RR = Registration Required • MPR=Multi-Purpose Room • CR=Community Room • PR= Preschool Room • RC=Rec Center • CF=Conference Room • TR=Training Room • AR=Art Studio • SR=Spinning Room • L=Lobby • LG=Lower Gym • YL=Youth Lobby • GE=Group Exercise Room • RS=Reformer Studio