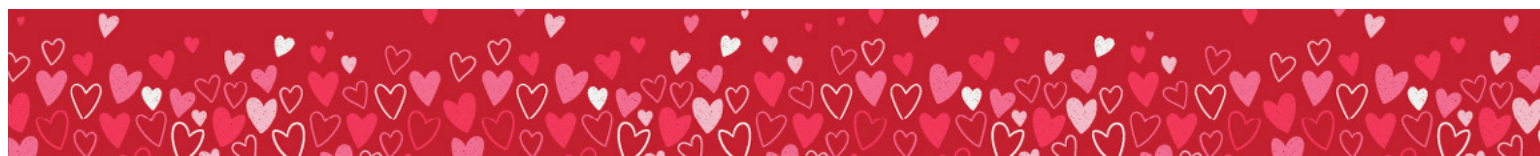


# February 2023 Calendar of Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>10 a.m.</b> Coloring for Relaxation <b>2 p.m.</b> Knitting Group	<b>2</b> <b>9:30 a.m.</b> SilverSneakers (Exercise program) <b>11 a.m.</b> Crafty Corner <b>2 p.m.</b> Bingo	<b>3</b>
<b>6</b> <b>10 a.m.</b> Veterans Coffee Club <b>1 p.m. to 3 p.m.</b> February Birthday Party	<b>7</b> <b>10 a.m.</b> SilverSneakers (Exercise program) <b>11 a.m.</b> PXCircle - A Roadmap to Your Perfect Experience! <b>1 p.m.</b> Trivia	<b>8</b> <b>9 a.m.</b> (Until supplies last) Hygiene Product Distribution <b>10 a.m.</b> Test Your Nutrition IQ <b>2 p.m.</b> Gardening Club	<b>9</b> <b>9:30 a.m.</b> SilverSneakers (Exercise program) <b>11 a.m.</b> Crafty Corner <b>2 p.m.</b> Bingo	<b>10</b> <b>10 a.m.</b> Movie & Popcorn: Marry Me
<b>13</b> <b>10 a.m.</b> Monday Meditation <b>2 p.m.</b> Crafty Corner: Valentine's Day Cards	<b>14</b> <b>10 a.m.</b> SilverSneakers (Exercise program) <b>11 a.m.</b> Chair Volleyball <b>2 p.m.</b> King & Queen of Hearts Contest - Wear your best Valentine's Day outfit!	<b>15</b> <b>10 a.m.</b> How Nutrition Changes as You Age <b>2 p.m.</b> Paint with Music	<b>16</b> <b>9 a.m.</b> (Until supplies last) Fresh Food Distribution <b>11 a.m.</b> Crafty Corner <b>2 p.m.</b> Bingo	<b>17</b> <b>10 a.m.</b> Movie & Popcorn: Roman Holiday
<b>20</b> <b>10 a.m.</b> New Member Orientation* <b>2 p.m.</b> Healthy Bones for Life	<b>21</b> <b>10 a.m.</b> SilverSneakers (Exercise program) <b>11 a.m. (Spanish)</b> Círculo de Experiencia del Paciente - Una guía para que tenga una experiencia perfecta <b>1 p.m.</b> Trivia	<b>22</b> <b>10 a.m.</b> Social Services Department <b>1 p.m.</b> Get Smart About Food Labels	<b>23</b> <b>9:30 a.m.</b> SilverSneakers (Exercise program) <b>11 a.m.</b> Crafty Corner <b>2 p.m.</b> Bingo	<b>24</b> <b>10 a.m.</b> Movie & Popcorn: Free Guy
<b>27</b> <b>10 a.m.</b> Tech Time: MyCarePlus Registration* <b>2 p.m.</b> Paint with Music	<b>28</b> <b>10 a.m.</b> SilverSneakers (Exercise program) <b>11 a.m.</b> High Blood Pressure (Wellness Education)	 <p><b>Colonial Promenade</b>                      313 Cypress Gardens Blvd.                      Winter Haven, FL 33880</p>		