

# February 2018



**Tami Curtis IU Ball Health 11:00AM**  
**(PAD) Peripheral Artery Disease**  
**Presentation Wednesday 2/072018 11AM**

**Senior Movie Night**  
**Everything Everything Friday 2/16/18**  
**6:00PM**

**1**  
**THURSDAY**  
**SilverSneakers**  
**Classic 10:00**  
**Pickleball 9:00-12:00**  
**Senior Spin 4:30pm**  
**Yin Yoga 2:00**  
**Card Club 1:00**  
**LifeStream Lunch 11:30**

**2**  
**FRIDAY**  
**Senior Fit Mix 8:30**  
**Senior Cardio Class 10**  
**Ping pong 9 -12 pm**  
**Pickleball 9-12 pm**


**5**  
**MONDAY**  
**Strength & Flex 8:30**  
**Sarah's Class 10:00**  
**Ping pong 9 -12 pm**  
**Pickleball 9-12 pm**  
**Senior Spin 4:30pm**  
  
**LifeStream Lunch 11:00**

**6**  
**TUESDAY**  
**SilverSneakers**  
**Classic 10:00**  
**Woodcarving 10 am**  
**Knitting 10 am**  
**Pickleball 9:00-12:00**  
  
**LifeStream Lunch 11:30**

**7**  
**WEDNESDAY**  
**Boot Camp 8:30am**  
**Sarah's Class 10:00**  
**Ping Pong 9-12 pm**  
**Pickleball 9-12 pm**  
**LifeStream Lunch 11:30**  
**Tami Curtis (PAD) 11am**  
**Craft Club 1-2**  
**Senior Spin 4:30pm**  
**Woodcarving 6:00 pm**

**8**  
**THURSDAY**  
**SilverSneakers**  
**Classic 10:00**  
**Pickleball 9:00-12:00**  
**Senior Spin 4:30pm**  
**Yin Yoga 2:00pm**  
**LifeStream Lunch 11:30**  
  
**Senior Spin 4:30pm**

**9**  
**FRIDAY**  
**Senior Fit Mix 8:30**  
**Senior Cardio Class 10**  
**Ping pong 9 -12 pm**  
**Pickleball 9-12 pm**

**February 12th-28th** 

12

**MONDAY**

Strength& Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Spin 4:30pm  
LifeStream Lunch 11:30

13

**TUESDAY**

SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
LifeStream Lunch 11:30

14 **WEDNESDAY**

Boot Camp 8:30am  
Sarah's Class 10:00  
Pickleball/PingPong 9-12  
LifeStream Lunch 11:30  
Adams Physical  
Therapy 12:00pm  
Senior Spin 4:30pm  
Woodcarving 6:00 pm  
HAPPY VALENTINES  
DAY! 

15

**THURSDAY**

SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Card Club 1:00-3:30  
Senior Spin 4:30pm  
Yin Yoga 2:00  
LifeStream Lunch 11:30

16

**FRIDAY**

Senior Fit Mix 8:30  
Senior Cardio class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Movie Night  
"Everything  
Everything" 6PM

19

**MONDAY**

Strength& Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Spin 4:30pm  
LifeStream Lunch 11:30

20

**TUESDAY**

SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
LifeStream Lunch 11:30

21

**WEDNESDAY**

Boot Camp 8:30am  
Sarah's Class 10:00  
Ping Pong 9-12 pm  
Pickleball 9-12 pm  
LifeStream Lunch 11:00  
Craft Club 1-2  
Senior Spin 4:30pm  
Woodcarving 6:00 pm

22

**THURSDAY**

SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Senior Spin 4:30pm  
Yin Yoga 2:00  
LifeStream Lunch 11:30

23

**FRIDAY**

Senior Fit Mix 8:30  
Senior Cardio class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm

26

**MONDAY**

Strength& Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Spin 4:30pm  
LifeStream Lunch 11:30

27

**TUESDAY**

SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
LifeStream Lunch 11:30

28

**WEDNESDAY**

Boot Camp 8:30am  
Sarah's Class 10:00  
Ping Pong 9-12 pm  
Pickleball 9-12 pm  
LifeStream Lunch 11:30  
Senior Spin 4:30pm  
Woodcarving 6:00 pm