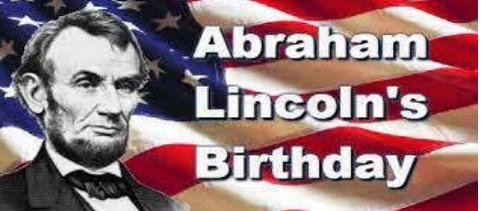


February Wellness 2023

*Programs are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: right;">1</p> <p>10:30 BODY SCULPTING 12:30 NO NOW & ZEN, AUD. 2 1:30 BADMINTON</p>	<p style="text-align: right;">2</p> <p>11:30 CHAIR YOGA 1:30 PICKLEBALL</p>	<p style="text-align: right;">3</p> <p>10:00 ZUMBA 11:00 PICKLEBALL</p>
<p style="text-align: right;">6</p> <p>11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL</p>	<p style="text-align: right;">7</p> <p>12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL</p>	<p style="text-align: right;">8</p> <p>10:30 BODY SCULPTING 12:30 NO NOW & ZEN, AUD. 2 1:30 BADMINTON</p>	<p style="text-align: right;">9</p> <p>11:30 CHAIR YOGA 1:30 PICKLEBALL</p>	<p style="text-align: right;">10</p> <p>10:00 ZUMBA 11:00 PICKLEBALL</p>
<p>Senior Center Closed 13</p> 	<p style="text-align: right;">14</p> <p>12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL</p>	<p style="text-align: right;">15</p> <p>10:30 BODY SCULPTING 12:30 NO NOW & ZEN, AUD. 2 1:30 BADMINTON</p>	<p style="text-align: right;">16</p> <p>10:00 LINE DANCING 11:30 CHAIR YOGA 1:30 PICKLEBALL</p>	<p style="text-align: right;">17</p> <p>10:00 ZUMBA 11:00 PICKLEBALL</p>
<p>Senior Center Closed 20</p> 	<p style="text-align: right;">21</p> <p style="text-align: center;">10 – 12 Penn Med Blood Pressure Screening</p> <p>12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL</p>	<p style="text-align: right;">22</p> <p>10:30 BODY SCULPTING 12:30 NO NOW & ZEN, AUD. 2 1:30 BADMINTON</p>	<p style="text-align: right;">23</p> <p>11:30 CHAIR YOGA 1:30 PICKLEBALL</p>	<p style="text-align: right;">24</p> <p>10:00 ZUMBA 11:00 PICKLEBALL</p>
<p style="text-align: right;">27</p> <p>11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL</p>	<p style="text-align: right;">28</p> <p>12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL</p>	