

Monthly Wellness Theme:

February Is Heart Month!



See Info Table Daily 5-5:30 PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All activities start at 7 PM unless otherwise specified.						
3 Super Bowl	4 Poker Night TV Show*	5 Putting Green CHESS NIGHT	6 Aromatherapy TV Show*	7 Nutrition 101 TV Show*	8 PingPong Tourney JAM NIGHT	9 Dice, Decks & Duels Movie Night*
10 Darts & Foosball Tourney	11 Poker Night TV Show*	12 Putting Green CHESS NIGHT	13 Essential Oil Blending TV Show*	14 Heart Opener Yoga TV Show*	15 Paint Nite JAM NIGHT	16 Dice, Decks & Duels Movie Night*
17 NBA All-Star Game	18 Poker Night TV Show*	19 Putting Green CHESS NIGHT	20 Farm House Clock Making TV Show*	21 Rustic Sign Nite TV Show*	22 PingPong Tourney JAM NIGHT	23 Dice, Decks & Duels Movie Night*
24 Darts & Foosball Tourney	25 Poker Night TV Show*	26 Putting Green CHESS NIGHT	27 Cribbage Tourney TV Show*	28 Intro to Spanish TV Show*		



New Year New You!
6 Weeks Weight Loss Challenge
Jan 15-Feb 28
See Rec Coordinator to Sign Up!

Heart Month Activities

- Jump Rope for Your Heart
 - Heart Opener Yoga
 - Cards from the Heart
- See Poster for Details.



NEW Hot Stone Massage

Book a Massage!



See Massage Poster for This Month's **Massage Dates!**



Super Bowl LIII
Sun Feb 3
Watch @ Dry Lounge

NBA All-Star Game

Sun Feb 17
Watch @ Dry Lounge



Jump Rope For Your Heart Challenge
Track Your Jump Minutes

Locations:

****Blue: Recreation Workshops**

Grey: Games Room

* Red: Auditorium
See Auditorium Schedule

Dark Grey: Yoga Studio

Dark Red: Dry Lounge

** See Poster for Workshop Locations