

Monthly Wellness Theme:

**February Is Heart Month!**



See Info Table Mon-Fri 5:00-5:30 PM

Sun Mon Tue Wed Thu Fri Sat

McKay

All activities start at 7 PM unless otherwise specified.

1  
Cribbage  
Tourney

2  
Dice,  
Decks &  
Duels



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

3  
Super Bowl

4  
Aroma-therapy  
Foosball  
Tourney

5  
Nutrition 101  
Leisure  
Activities

6  
Pool  
Tourney

7  
Jam  
Night

8  
Cribbage  
Tourney

9  
Dice,  
Decks &  
Duels

**Heart Month Activities**

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



10  
Darts  
Tourney

11  
Foosball  
Tourney

12  
Essential Oil  
Blending  
Leisure  
Activities

13  
Heart  
Opener  
Yoga  
Pool  
Tourney

14  
Paint Nite  
Jam Night

15  
Cribbage  
Tourney

16  
Dice,  
Decks &  
Duels



**Super Bowl LIII**  
Sun Feb 3  
Watch @ Richardson Theatre

**Book a Massage!**



See Massage Poster for This Month's Massage Dates!

17  
NBA All-Star Game

18  
Farm House Clock Making  
Foosball  
Tourney

19  
Rustic Sign Nite  
Leisure  
Activities

20  
Pool  
Tourney

21  
Jam  
Night

22  
Cribbage  
Tourney

23  
Dice,  
Decks &  
Duels

**NBA All-Star Game**

Sun Feb 17  
Watch @ Richardson Theatre



24  
Darts  
Tourney

25  
Foosball  
Tourney

26  
Leisure  
Activies

27  
Intro to Spanish  
Pool  
Tourney

28  
Jam  
Night



**Jump Rope For Your Heart Challenge**  
Track Your Jump Minutes

Locations:

Grey: Rec Room

Dark Grey: Fitness Studio

**\*\*Blue: Recreation Workshops**

Red: Rec Room

Dark Red: Rec Room

\*\* See Poster for Workshop Locations