








Monthly Wellness Theme:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Richardson	
February Is Heart Month!  See Info Table Mon/Tue/Wed 4:30-5:30 PM	All activities start at 7 PM unless otherwise specified.						1 Movie Night	2 Poker Tourney	 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 Pool Tourney	5 Nutrition 101 Bollywood Movie	6 Darts Tourney	7 Putt Tourney	8 Movie Night	9 Poker Tourney	Heart Month Activities - Jump Rope for Your Heart - Heart Opener Yoga - Cards from the Heart See Poster for Details. 	
 Book a Massage! See Massage Poster for This Month's Massage Dates!	10 Sports Sunday	11 Pool Tourney	12 Essential Oil Blending Bollywood Movie	13 Heart Opener Yoga Darts Tourney	14 Paint Nite Putt Tourney	15 Movie Night	16 Poker Tourney		 Super Bowl LIII Sun Feb 3 Watch @ Theatre
	17 NBA All-Star Game	18 Farm House Clock Making Pool Tourney	19 Rustic Sign Nite Bollywood Movie	20 Darts Tourney	21 Putt Tourney	22 Movie Night	23 Poker Tourney	NBA All-Star Game Sun Feb 17 Watch @ Theatre 	
24 Sports Sunday	25 Pool Tourney	26 Bollywood Movie	27 Intro to Spanish Darts Tourney	28 Putt Tourney					 Jump Rope For Your Heart Challenge Track Your Jump Minutes

Locations:	Red: Theatre	Grey: Games Room	**Blue: Recreation Workshops	Dark Grey: Fitness Studio
------------	--------------	------------------	-------------------------------------	---------------------------

** See Poster for Workshop Locations