

# FEBRUARY 2024

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				<b>1</b> CG Support Group 10:00-11:00 am Tai Ji class 2:00-3:00 pm	<b>2</b> Exercise class 1:00-2:00 pm	<b>3</b>
<b>4</b>	<b>5</b> Chair yoga 9:30-10:30 am	<b>6</b> Tai Ji class 2:00-3:00 pm	<b>7</b> Lunch Bunch Noon-1:00 pm	<b>8</b> Tai Ji class 2:00-3:00 pm Handiwork group 9:30-11:30 am	<b>9</b> Blood pressure: Berry 10:30-11:30 am Exercise class 1:00-2:00 pm	<b>10</b>
<b>11</b>	<b>12</b> Chair yoga 9:30-10:30 am Movie: "Charade" 2:00-4:00 pm	<b>13</b> Tai Ji class 2:00-3:00 pm	<b>14</b> Men's Group 2:00-3:00 pm	<b>15</b> Tai Ji class 2:00-3:00 pm	<b>16</b> Exercise class 1:00-2:00 pm	<b>17</b>
<b>18</b>	<b>19</b> Chair yoga 9:30-10:30 am	<b>20</b> Tai Ji class 2:00-3:00 pm Blood pressure: Seal 3:00-3:45 pm	<b>21</b> Card Making class 9:30-11:30 am	<b>22</b> Tai Ji class 2:00-3:00 pm	<b>23</b> Exercise class 1:00-2:00 pm	<b>24</b>
<b>25</b>	<b>26</b> Chair yoga 9:30-10:30 am	<b>27</b> Tai Ji class 2:00-3:00 pm Game Day 10:00 am-Noon	<b>28</b> Lunch Bunch Noon-1:00 pm	<b>29</b> Tai Ji class 2:00-3:00 pm Grief & Loss Group 11:15 am-12:30 pm		

**ACTIVITY DETAILS:**

- **Card Making class:** 10:00am-Noon. In-person at Fellowship Hall, 2200 Hillside Ave. Contact office to sign up.
- **Caregiver Support Group:** 10:00-11:00 pm hybrid; 2323 Como & Zoom, call office e-mail [office@sapaseniors.org](mailto:office@sapaseniors.org) for link
- **Chair yoga:** 9:30-10:30 am online. Call office or e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org) to see if space is available.
- **Exercise class:** In-person at Lauderdale City Hall, 1891 Walnut St. 1-2:00 pm; To sign up e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org)
- **Game Day:** Coffee and board games. 10:00 am-Noon. In-person at 2200 Hillside Ave.
- **Grief & Loss Group:** 11:15am-12:30pm hybrid; 2200 Hillside & Zoom, call office e-mail [office@sapaseniors.org](mailto:office@sapaseniors.org) to register
- **Handiwork Group:** 9:30-11:30am: Meeting at the **Finnish Bistro** 2264 Como Ave.
- **Lunch Bunch:** Online gathering from noon-1:00 pm; call office or e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org) for Zoom link.
- **Men's Group:** 2:00-3:00 pm. In-person at 2200 Hillside Ave. Contact office if interested.
- **Movie: "Charade":** 2:00-4:00 pm, in-person at the Sanctuary at 2200 Hillside Ave.
- **Tai Ji Quan: Moving for Better Balance:** In-person at 777 Berry St. 2-3:00 pm; To sign up e-mail [vc@sapaseniors.org](mailto:vc@sapaseniors.org)