

February 2024

Mon	Tue	Wed	Thu	Fri
<p>Tuesdays & Thursdays 10am - 11am Exercise Class 12pm - 1pm Line Dancing 5pm - 6pm Yoga Class</p>	<p>Mondays 10am— 11:30a World History Class Dave Wynne</p>		<p>1 10:15am Mystery Game 11:00am Chocolate Bingo</p>	<p>2 10:15am Tai Chi 11:00am National Heart Month Expressions National Wear Red Day</p>
<p>5 10:15am Seniorcise 11:00am February Bingo</p>	<p>6 10am - 11am Donuts Social & Free Coffee From RCCOA</p>	<p>7 10:15am Seniorcise 11:00am Bible Study With Pastor Eunice Jones</p>	<p>8 10:15am Chinese New Year Bingo Social</p>	<p>9 10:15am Tai Chi 11:00am Pizza Bingo</p>
<p>12 10:45am Lee Leftwich Presentation On Black History Month</p>	<p>13 10:45am Valentine's Bingo With PineLodge Genesis HealthCare</p>	<p>14 10am-11am Valentine's Day Celebration 11:00am Bible Study with Dr. Charles Bright</p>	<p>15 11am Black History Month Presentation by Janine Bullock Council Woman For Ward 5 Of Beckley</p>	<p>16 11:00am ARH Presents Dr. Chayakit Krittanawong "Heart" Health</p>
<p>19 CLOSED DUE TO Observing President's Day</p>	<p>20 11:00am Black History Month Presentation WVU Tech President Dr. Stuart</p>	<p>21 10:15am Seniorcise 11:00am Bible Study with Haven Davis</p>	<p>22 10a-12pm Birthday Party With David Runion Cake By Best Ambulance</p>	<p>23 10:15am Tai Chi 11:00am Crazy Bingo</p>
<p>26 10:15am Seniorcise 11:00am Black History Month Dr. Jeff Yeager</p>	<p>27 10:15 Chair Yoga with Jeri 11:00am Storytelling</p>	<p>28 10:15am Seniorcise 11:00am Bible Study with Elder Terry Moore</p>	<p>29 10am - 11am ARH Diabetic Support Group</p>	