



9am Chair Yoga

10:15 Mat Pilates Tuesdays:

5:30pm Functional Flow

Wednesdays:

9am Functional Flow

Thursdays:

4:30 Mat Pilates 5:30pm Chair Yoga



Complimentary Coffee & Pastries



Puzzles and games available upstairs in clubhouse everyday

Activities & Special Events

Feb 7th:2-3pm Bingo Archwell

Feb 9th: 3:30pm Superbowl Party

Feb 12th: 2pm Health & Wellness

Feb 13th: 3-5pm Valentine Mixer -

Archwell

Feb 14th: 9am Love Is In The

Mimosas Breakfast

Feb 14th: 1pm Book Club

Feb 15th: 4-6pm Mahjong

Feb. 18th: 2:30-3:30pm

Town Hall Meeting

Feb. 18th: 3:30 -5:30pm

National Drink Wine Day

Feb 22nd: 3pm Kitchen

Konnections

Feb 28th: 3pm - 5pm Potluck