

February 2023

Freedom 7 Senior Community Center

FREEDOM7SENIORS@OUTLOOK.COM

WWW.FREEDOM7SENIORS.ORG

SUN	MON	TUE	WED	THU	FRI	SAT
29	BOOK FOR FEBRUARY TRANS-SISTER RADIO BY CHRIS BOHJALIAN		1 9:30 ZUMBA 10:45 CHAIR YOGA 11:00 MEXICAN TRAIN DOMINOES	2 9:30 STRENGTH + BALANCE 10:40 HAPPY FEET 10:40 MAT YOGA 1 BINGO	3 CLOSED	4
5	6 9:30 ZUMBA 11AM MAHJONG 10-11AM LEE W/ DAYAWAY	7 9:30 STRENGTH + BALANCE 10:40 HAPPY FEET 10 CRAFTY LADIES 11AM EUCHRE 12PM LUNCH + LEARN*	8 9:30 ZUMBA 10:45 CHAIR YOGA 11:00 MEXICAN TRAIN DOMINOES	9 9:30 STRENGTH + BALANCE 10:40 HAPPY FEET 10:40 MAT YOGA 1 BINGO	10 CLOSED	11
12	13 9:30 ZUMBA 11AM MAHJONG 10-11AM LEE W/ DAYAWAY	14 9:30 STRENGTH + BALANCE 10:40 HAPPY FEET 10 CRAFTY LADIES 11AM EUCHRE	15 9:30 ZUMBA 10:45 CHAIR YOGA 11:00 MEXICAN TRAIN DOMINOES 1PM BOOK CLUB	16 9:30 STRENGTH + BALANCE 10:40 HAPPY FEET 10:40 MAT YOGA 1 BINGO	17 CLOSED	18
19	20 9:30 ZUMBA 11AM MAHJONG 10-11AM LEE W/ DAYAWAY YES WE ARE OPEN	21 9:30 STRENGTH + BALANCE 10:40 HAPPY FEET 10 CRAFTY LADIES 11AM EUCHRE	22 Center closed City using building	23 9:30 STRENGTH + BALANCE 10:40 HAPPY FEET 10:40 MAT YOGA 1 BINGO	24 CLOSED	25
26	27 9:30 ZUMBA 11AM MAHJONG 10-11AM LEE W/ DAYAWAY	28 9:30 STRENGTH + BALANCE 10:40 HAPPY FEET 10 CRAFTY LADIES 11AM EUCHRE		****2/7 LUNCH + LEARN @ 12PM ADVANCE DIRECTIVES FROM SFR MUST RSVP BY 2/1****		

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