

WEEKLY ACTIVITIES

- Mon., Feb. 28:** 10:00 a.m. - Tai Chi
2:00 p.m. - 70's Karaoke
- Tues. Mar. 1:** 10:00 a.m. - Mall Walking (leave 9:30 am)
12:00 p.m. - Chick-Fil-A (Bring your own money!)
- Wed., Mar. 2:** 10:00 a.m. - Chair Dance Yoga
2:00 p.m. - Crafts
- Thurs., Mar. 3:** 10:00 a.m. - Low Impact Exercise
2:00 p.m. - Healthy Cooking with Beth @ Faith
- Frid., Mar. 4:** 10:00 a.m. - Walk-a-Mile
2:00 p.m. - Surprise Outing!!??!!



"If March Comes in Like a Lion, Then it will
Leave Like a Lamb"

A Poem about March
by Lorie Hill

If March rolls in like a
lion so fierce,
The wind so cold,
it seems to pierce.



The month rolls on, And Spring draws near.
Then March will go out like a lamb so dear!



Walking at the Mall with Signal Centers & Parks & Rec



Happy Twosday!
2-22-22 was a
palindrome (reads the
same frontwards and
backwards).
The date of this past
Tuesday was so rare
it won't happen again
for 400 years!
Hope you enjoyed it!

