

February 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|---|---|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 10:00 am Social Walking Club 12:00 pm Yoga 4:00 pm DanceFit 5:00 pm Qigong 6:00 pm Line Dancing Level 1 | 6 8:45 am Qigong 9:45 am Zumba 10:30 am Ballet Barre 3:00 pm Afternoon Tea 4:00 pm New Year, New You 7:00 pm Tuesday night Darts | 7 3:00 pm Hot Topics: Diabetes Pattern Management 5:00 pm Cook Dinner With Me For Under \$10 | 8 8:30 am The Good Food Box 2:00 pm Hot Topics: Dental Programs and Dental Health | 9 | 10 7:30 pm An Evening with The Fleetwood Mac Experience |
| 11 | 12 10:00 am Social Walking Club 12:00 pm Yoga 4:00 pm DanceFit 5:00 pm Qigong 6:00 pm Line Dancing Level 1 | 13 9:45 am Zumba 10:30 am Ballet Barre 3:00 pm Valentines Afternoon Tea 4:00 pm New Year, New You 7:00 pm Tuesday night Darts | 14 | 15 10:00 am Pop Up Market 4:00 pm Ridgeway Lions Pasta Dinner | 16 | 17 |
| 18 | 19 | 20 9:45 am Zumba 10:30 am Ballet Barre 3:00 pm Afternoon Tea 4:00 pm New Year, New You 7:00 pm Tuesday night Darts | 21 6:00 pm Bertie Historical Society Presentation | 22 | 23 7:30 pm An evening with the Jimmy Rankin Trio - Harvest Highway | 24 4:00 pm Coldest Night of the Year (Brain Injury Association of Fort Erie) |
| 25 | 26 10:00 am Social Walking Club 12:00 pm Yoga 4:00 pm DanceFit 5:00 pm Qigong 6:00 pm Line Dancing Level 1 | 27 9:45 am Zumba 10:30 am Ballet Barre 3:00 pm Afternoon Tea 7:00 pm Tuesday night Darts | 28 | 29 1:00 pm Healthy Eating As We Age | | |