

February 2024

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