

February 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>February Events: Sunday Feb 3, 2019 Open Sunday Trip to Regina Opera Feb 5, 2019 Kidney Work Shop Feb 12, 2019 Food Demo w/Lee Feb 22, 2019 Senior Pedestrian Safety</p>	<p>Chinese New Year is Feb 5, 2019 It is the year of the Pig Happy New Year 新年快乐 (xīn nián kuài lè) February is Black History Month</p>	<p>Happy President's Day</p> 		<p>1 9:15 Aerobics Class 10:00 BP Screening 10:00 Painting Class 12:00 Lunch 1:00 Bingo</p>
<p>4 9:30 Nia Practice 10:30 Beginners Computer 11:00 Color Your Stress Away 12:00 Lunch 1:00 Domino Contest</p>	<p>5 <u>Kidney Work Shop</u> 9:30 Zumba 10:30 Computer Class 12:00 Lunch 1:00 Cards and Games</p>	<p>6 9:15 Tai Chi 10:30 Bingo 12:00 Lunch 1:00 Jewelry Design Class</p>	<p>7 9:30 <i>Chair Yoga w/ Kim</i> 10:30 Computer Class 11:00 Zumba 12:00 Lunch 12:30 Choral Group 1:00 Domino Contest</p>	<p>8 9:15 Aerobics Class 10:00 BP Screening 10:00 Painting Class 12:00 Lunch 1:00 Bingo</p>
<p>11 9:30 Nia Practice 10:30 Beginners Computer 11:00 Color Your Stress Away 12:00 Lunch 1:00 Domino Contest</p>	<p>12 <u>Food Demo w/ Lee</u> <u>Kidney Work Shop</u> 9:30 Zumba 10:30 Computer Class 12:00 Lunch 1:00 Cards and Games</p>	<p>13 9:15 Tai Chi 10:30 Bingo 12:00 Lunch 1:00 Jewelry Design Class</p>	<p>14 <u>Special Valentines Lunch</u> 9:30 <i>Chair Yoga w/ Kim</i> 10:30 Computer Class 11:00 Zumba 12:00 Lunch 12:30 Choral Group 1:00 Domino Contest</p>	<p>15 9:15 Aerobics Class 10:00 BP Screening 10:00 Painting Class 12:00 Lunch 1:00 Bingo</p>
<p>18 Jasa will be closed in observance of President's Day</p>	<p>19 <u>Kidney Work Shop</u> 9:30 Zumba 10:30 Computer Class 12:00 Lunch 1:00 Cards and Games</p>	<p>20 9:15 Tai Chi 10:30 Bingo 12:00 Lunch 1:00 Jewelry Design Class</p>	<p>21 9:30 <i>Chair Yoga w/ Kim</i> 10:30 Computer Class 11:00 Zumba 12:00 Lunch 12:30 Choral Group 1:00 Domino Contest</p>	<p>22 <u>Senior Pedestrian Safety</u> 9:15 Aerobics Class 10:00 BP Screening 10:00 Painting Class 12:00 Lunch 1:00 Bingo</p>
<p>25 9:30 Nia Practice 10:30 Beginners Computer 11:00 Color Your Stress Away 12:00 Lunch 1:00 Domino Contest</p>	<p>26 <u>Kidney Work Shop</u> 9:30 Zumba 10:30 Computer Class 12:00 Lunch 1:00 Cards and Games</p>	<p>27 9:15 Tai Chi 10:30 Bingo 12:00 Lunch 1:00 Jewelry Design Class</p>	<p>24 9:30 <i>Chair Yoga w/ Kim</i> 10:30 Computer Class 11:00 Zumba 12:00 Lunch 12:30 Choral Group 1:00 Domino Contest</p>	



JASA Starrett City Senior Center

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**Hours: Monday -Friday
8am-3pm**

