




Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:50 Wal-Mart/Hy-Vee 10:00 Mass 11:00 Bone Builders 1:00 Father Paul Bible Study 1:00 Wellness Trainer 1:20 Blood Pressure Clinic 2:00 Foot Clinic 3:15 Heart Healthy Walk	2 8:30 YMCA Bus 9:00 Stretcherize 10:30 Pr Ziebell Bible Study 1:30 Tai Ji Quan 2:30 Hearing Health Presentation by Connect Hearing 6:30 "500" Cards	3 National Heart Health Wear Red Day 10:00 First Friday Mass 11:00 Book Club 11:00 Bone Builders	4 2:30 Afternoon Coffee 7:00 Bingo
5 9:15 Morning Worship 10:00 TV Mass 2:30 Dominos 7:00 Bingo	6 9:45 Chair Yoga 11:00 Book Club 11:15 Lunch Outing to the Hitching Post 1:00 Bridge 1:00 Wellness Trainer 6:30 Pepper	7 8:30 YMCA Bus 9:00 Stretcherize 10:00 Pinochle 11:00 Book Club 1:30 Tai Ji Quan 2:30 Bingo	8 8:50 Wal-Mart/Hy-Vee 10:00 Mass 11:00 Bone Builders 1:00 Fr. Paul Bible Study 1:00 Wellness Trainer 2:30 "500" Cards at MHCC 3:15 Heart Healthy Walk	9 8:30 YMCA Bus 9:00 Stretcherize 10:30 Pr Ziebell Bible Study 1:30 Tai Ji Quan 6:30 "500" Cards	10 8:30 HRS 6th Grade Music Students 9:30 Card Making 11:00 Book Club 11:00 Bone Builders 1:30 Pokeno	11 2:30 Bingo with Marshall Boys Hockey Team 2:30 Afternoon Coffee 7:00 Bingo
12 9:15 Morning Worship 10:00 TV Mass 2:30 Dominos 7:00 Bingo	13 9:45 Chair Yoga 11:00 Book Club 1:00 Bridge 1:00 Wellness Trainer 3:00 Adult Coloring 4:30 T & C Hearing Clinic 6:30 Pepper	14 Valentine's Day 8:30 YMCA Bus 9:00 Stretcherize 10:00 Pinochle 11:00 Book Club 1:30 Tai Ji Quan 2:30 Bingo 	15 8:50 Wal-Mart/Hy-Vee 10:00 Mass 11:00 Bone Builders 1:00 Fr. Paul Bible Study 1:00 Wellness Trainer 1:30 TAAC/ 2:00 Foot Clinic 3:00 Devotions w/Jeannie 3:15 Heart Healthy Walk	16 8:30 YMCA Bus 9:00 Stretcherize 10:00 1st Lutheran Comm. 10:30 Pr Ziebell Bible Study 1:30 Tai Ji Quan 2:30 The Music Makers 6:30 "500" Cards	17 9:15 HRS 2nd Grade Readers 11:00 Book Club 11:00 Bone Builders 1:30 Wii Bowling	18 2:30 Afternoon Coffee 7:00 Bingo
19 9:15 Morning Worship 10:00 TV Mass 4:00 Piano Recital 7:00 Bingo	20 9:45 Chair Yoga 11:00 Book Club 1:00 Bridge 1:00 Wellness Trainer 2:30 Chautauqua-on the Civil War	21 8:30 YMCA Bus 9:00 Stretcherize 10:00 Pinochle 11:00 Book Club 1:30 Tai Ji Quan 2:30 Bingo	22 8:50 Wal-Mart/ HyVee 10:00 Mass 11:00 Bone Builders 1:00 Fr. Paul Bible Study 1:00 Wellness Trainer 1:20 Blood Pressure Clinic 1:45 Volunteers needed in D.R. 2:00 Foot Clinic 2:30 "500" Cards at MHCC 4:00 Feb. Supper	23 8:30 YMCA Bus 9:00 Stretcherize 10:30 Pr Ziebell Bible Study 1:00 Schwans Truck 1:30 Tai Ji Quan 3:15 Heart Healthy Walk 6:30 "500" Cards	24 9:00 Joke Club 9:30 Card Making 11:00 Book Club 11:00 Bone Builders 1:00 Painting Class with Re-Vamped Art Studio	25 2:30 Afternoon Coffee 7:00 Bingo
26 9:15 Morning Worship 10:00 TV Mass 2:30 Dominos 7:00 Bingo	27 9:45 Chair Yoga 11:00 Book Club 1:00 Bridge 1:00 Wellness Trainer 2:30 February Birthday Celebration 6:30 Pepper	28 8:30 YMCA Bus 9:00 Stretcherize 10:00 Pinochle 11:00 Book Club 1:30 Tai Ji Quan 2:30 Bingo			Birthdays Stella Curry.....2/04 Lou Dwire.....2/21 Diane Caron.....2/16 Doris Coussens.....2/25 Jan Rowe.....2/19 Gerart & Margaret Verstraete's Luella Vanderwaal2/20 Anniversary.....2/26	

Coffee and Camaraderie Monday-Friday from 9:00-10:00a.m. and 2:30-3:30p.m.