


## KASC Activities – February 2023

| <i>Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>   | <i>Friday</i>   |
|--|--|--|---|---|
|  |  | <b>1</b> 8:30 New You! (CR)<br>9:00 Coffee & Conversation<br>10 Bread/Baked Goods<br>10:15 Alzheimer's Support Group (CR)<br>11:00 Silver Sneakers<br>11:45 Produce<br>12 Lunch<br>12:45 New Horizons: "Living Without the One You Cannot Live Without"<br>1-2 One-on-One Tech Help<br>9-3 Games/Cards/Puzzles | <b>2</b> 9:00 Coffee & Conversation<br>9-3 AARP Tax Prep (By Appt only)<br>9-12 Medicare Counseling<br>9:30 Line Dancing<br>10 Bread/Baked Goods<br>10 Bible Study<br>11:00 Silver Sneakers<br>12 Lunch<br>12:45 Healthy Grieve-Part 2 (WE)<br>12:45 Bunco<br>1-2 Aqua-Crosslands<br>1-3 YMCA<br>9-3 Games/Cards/Puzzles<br>6:00 Line Dancing | <b>3</b><br>9:00 Coffee & Conversation<br>9-12 Genealogy<br>10:30 Senior Tech Class (WE)<br>12 Lunch<br>12:45 Chair Yoga<br>9-3 Games/Cards/Puzzles             |
| <b>246</b><br>9:00 Coffee & Conversation<br>10 Bread/Baked Goods<br>11:00 Silver Sneakers (SH)<br>12 Lunch<br>12:30 Bingo<br>9-3 Games/Cards/Puzzles | <b>7</b> 9:00 Coffee & Conversation<br>9-3 AARP Tax Prep (By Appt only)<br>10 Bread/Baked Goods<br>12:30 Family Feud<br>1-2 Aqua-Kendal<br>1-3 YMCA<br>9-3 Games / Cards / Puzzles                           | <b>8</b> 8:30 New You! (CR)<br>9:00 Coffee & Conversation<br>10 Bread/Baked Goods<br>11:00 Silver Sneakers<br>11:45 Produce<br>12 Lunch<br>1-2 One-on-One Tech Help<br>9-3 Games/Cards/Puzzles   | <b>9</b> 9:00 Coffee & Conversation<br>9-12 Medicare Counseling<br>9-3 AARP Tax Prep (By Appt only)<br>9:30 Line Dancing<br>10 Bread/Baked Goods<br>10 Bible Study (CR)<br>11:00 Silver Sneakers<br>12 Lunch<br>1-2 Aqua-Crosslands<br>1-3 YMCA<br>9-3 Cards/Games/Puzzles<br>6:00 Line Dancing   | <b>10</b><br>9:00 Coffee & Conversation<br>9-12 Genealogy<br>10:30 Senior Tech Class (WE)<br>12 Lunch<br>12:45 Chair Yoga<br>9-3 Games/Cards/Puzzles            |
| <b>13</b><br>9:00 Coffee & Conversation<br>10 Bread/Baked Goods<br>11:00 Silver Sneakers (SH)<br>12 Lunch<br>12:30 Bingo<br>9-3 Games/Cards/Puzzles  | <b>14</b><br>9:00 Coffee & Conversation<br>9-3 AARP Tax Prep (By Appt only)<br>10 Bread/Baked Goods<br><b>12 VALENTINE'S DAY POTLUCK LUNCH</b><br>1-2 Aqua-Kendal<br>1-3 YMCA<br>9-3 Games / Cards / Puzzles | <b>15</b><br>8:30 New You! (CR)<br>9:00 Coffee & Conversation<br>10 Bread/Baked Goods<br>11:00 Silver Sneakers<br>11:45 Produce<br><b>12 BIRTHDAY LUNCH!</b><br>1-2 One-on-One Tech Help<br>9-3 Games/Cards/Puzzles  | <b>16</b> 9:00 Coffee & Conversation<br>9-12 Medicare Counseling<br>9-3 AARP Tax Prep (By Appt only)<br>9:30 Line Dancing<br>10 Bread/Baked Goods<br>10 Bible Study (CR)<br>11:00 Silver Sneakers<br>12 Lunch<br>12:45 Bunco<br>1-2 Aqua-Crosslands<br>1-3 YMCA<br>9-3 Games/Cards/Puzzles<br>6:00 Line Dancing (WE)                          | <b>17</b><br>9:00 Coffee & Conversation<br>9-12 Genealogy<br>10:30 Senior Tech Class (WE)<br>12 Lunch<br>12:45 Chair Yoga<br>9-3 Games/Cards/Puzzles            |
| <b>20</b><br>9:00 Coffee & Conversation<br>10 Bread/Baked Goods<br>11:00 Silver Sneakers (SH)<br>12 Lunch<br>12:30 Bingo<br>9-3 Cards/Games/Puzzles  | <b>21</b> 9:00 Coffee & Conversation<br>9-3 AARP Tax Prep (By Appt only)<br>10 Bread/Baked Goods<br>10 Living History (CR)<br>12 Lunch<br>1-2 Aqua-Kendal<br>1-3 YMCA<br>9-3 Games / Cards / Puzzles         | <b>22</b> 8:30 New You! (CR)<br>9:00 Coffee & Conversation<br>10 Bread/Baked Goods<br>10 KASC Book Club<br>11:00 Silver Sneakers<br>11:45 Produce<br>12 Lunch<br>12:45 Movie Matinee (TBD)<br>1-2 One-on-One Tech Help<br>9-3 Cards/Games/Puzzles  | <b>23</b> 9:00 Coffee & Conversation<br>9-12 Medicare Counseling<br>9-3 AARP Tax Prep (By Appt only)<br>9:30 Line Dancing<br>10 Bread/Baked Goods<br>10 Bible Study (CR)<br>11:00 Silver Sneakers<br>12 Lunch<br>12:45 Maker Day (TBD)<br>1-2 Aqua-Crosslands<br>1-3 YMCA<br>9-3 Games/Cards/Puzzles<br>6:00 Line Dancing (WE)                | <b>24</b><br>9:00 Coffee & Conversation<br>9-12 Genealogy<br>10:30 Senior Tech Class (WE)<br>12 Lunch<br>12:45 Chair Yoga<br>9-3 Games/Cards/Puzzles            |
| <b>27</b><br>9:00 Coffee & Conversation<br>10 Bread/Baked Goods<br>11:00 Silver Sneakers (SH)<br>12 Lunch<br>12:30 Bingo<br>9-3 Cards/Games/Puzzles  | <b>28</b> 9:00 Coffee & Conversation<br>9-3 AARP Tax Prep (By Appt only)<br>10 Bread/Baked Goods<br>10 Living History (CR)<br>12 Lunch<br>1-2 Aqua-Kendal<br>1-3 YMCA<br>9-3 Games / Cards / Puzzles         |  |   | <i>Valentine's Potluck<br/>           Tuesday, Feb 14<sup>th</sup></i><br> |