

Monday/Wednesday/Friday
10:00AM – 2:00PM

February 2019 Calendar

Westmoreland Active Lifestyle Center – Seniors 60+

400 A Meadow Ave - Colonial Beach VA – Phone: 804.224.9330

NUTRITIONAL LUNCH
SERVED @ NOON

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
					1 Crafts	2
3	4 Bingo 10:00AM – Noon Your Choice - 12:30-2:00pm (Bingo, Crafts, Games)	5	6 Yoga/Chair Exercises Games (Wii, Bean Bags, Board Games, Puzzles...)	7	8 Crafts	9
10	11 Bingo 10:00AM – Noon Your Choice - 12:30-2:00pm (Bingo, Crafts, Games)	12	13 Yoga/Chair Exercises Valentine's Day Party	14	15 Card Making Day w/Cyndi Ferenz Nutrition Information and Health/Disease Prevention	16
17	18 Bingo - 10:00AM - Noon Your Choice – 12:30-2:00PM (Bingo, Crafts, Games)	19	20 Yoga/Chair Exercises Peggy's Gospel Singers	21	22 Crafts	23
24	25 Bingo 10:00AM – Noon HAPPY BIRTHDAY, BETTY!!! Your Choice - 12:30-2:00pm (Bingo, Crafts, Games)	26	27 Yoga/Chair Exercises Games (Wii, Bean Bags, Board Games, Puzzles...)	28		

PLEASE CALL CINDY TUCKER @ 804.224.9330 FOR TRANSPORTATION ARRANGEMENTS
TO AND FROM THE ACTIVE LIFESTYLE CENTER (Events are Subject to Change)