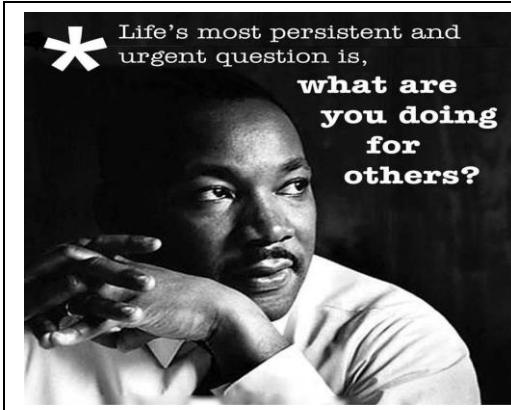


10 heart-healthy tips for Valentine's Day & beyond

- Stay active: The key to **heart health** is to keep moving and avoid being sedentary. ...
- Limit your consumption of red meat, sugar and unhealthy fats. .
- Reduce your salt intake. ...
- Stop smoking. ...
- Keep your weight under control.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Early Spring or Long Winter? Time will tell! February 2nd</p>		<p>Happy Groundhog Day</p>		<p>1</p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:30 – Panther Creek 10:30 – Chair Yoga</p>
<p><u>4</u></p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 12:00 – Adams Village Bingo</p>	<p><u>5</u></p> <p>Senior Advocacy Day 9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot 1:00 – Zumba Chair 6:00 – Line Dancing AARP Tax Assistance 9-3</p>	<p><u>6</u></p> <p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise 10:30 Origami Craft W/ Karen 11:00- Tech Class- Registration required</p>	<p><u>7</u></p> <p>10:00 – Poole's Pharmacy Bingo 12:30 – Line Dancing 2:00 – Zumba Gold 5:30 Chili Cook-off</p>	<p><u>8</u></p> <p>8:30 Breakfast 9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00- The Ambassador Singers 10:30 – Chair Yoga</p>
<p><u>11</u></p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 1:00pm Park Regency Bingo</p>	<p><u>12</u></p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 11:30 –Pie for Dessert 12:00 – Hand & Foot Card AARP Tax Assistance 9-3</p>	<p><u>13</u></p> <p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise 10:30 Origami Craft W/ Karen Derby Dinner Playhouse Trip</p>	<p><u>14</u></p> <p>11:30 Valentine Sweet Treats 12:30 – Line Dancing 2:00 – Zumba Gold 6:00 –Valentine's Dance @ SCC — Featuring The Truck Stop Romeos</p>	<p><u>15</u></p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00 BINGO W/ Limestone Roosevelt 10:30 –Panther Creek Band 10:30 – Chair Yoga</p>
<p><u>18</u></p> <p>9:00 – Mundaycize at Y 10:00 – Exercise</p>	<p><u>19</u></p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 12pm AARP Driving Class 6:00 – Line Dancing AARP Tax Assistance 9-3</p>	<p><u>20</u></p> <p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise 10:30 Origami Craft W/ Karen 11:00- Tech Class- Registration required 12:00 Whitesville Bingo</p>	<p><u>21</u></p> <p>10:00 – Faye Loney Sings 11:30 – Dr. Diane Earle 12:30 – Line Dancing 2:00 – Zumba Gold</p>	<p><u>22</u></p> <p>8:30 Breakfast of Legends Fundraiser-\$5 must register by 19th 9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00- The Ambassador Singers 10:30 – Chair Yoga</p>
<p><u>25</u></p> <p>9:00 – Mundaycize at Y 10:00 – Exercise</p>	<p><u>26</u></p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing AARP Tax Assistance 9-3</p>	<p><u>27</u></p> <p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise 10:30 Origami Craft W/ Karen</p>	<p><u>28</u></p> <p>11:30 – Line Dancing 2:00 – Zumba Gold</p>	