



February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Dark Chocolate Day! Chair Exercise Videos 10:30 am	2	3 Chair Exercise Videos 10:30 am	4 Dale Hafer Music 11:00am Wear Red on Fridays in Feb. for Heart Healthy Month!
7	8 Chair Exercise Videos 10:30 am Friendly Folks Meeting 12:15 pm	9 Blood Pressure Clinic 10:30-noon Fun Bingo 12:15 pm	10 Chair Exercise Videos 10:30 am Craft Day 12:15 pm	11 Wear Red on Fridays in Feb. for Heart Healthy Month!
14 Valentine's Day Party!	15 Chair Exercise Videos 10:30 am	16 It's Jell-O Day!	17 Chair Exercise Videos 10:30 am	18 Wildfire Music 11:00 am Wear Red on Fridays in Feb. for Heart Healthy Month!
21	22 Chair Exercise Videos 10:30 am Fall Prevention: 12:00 pm	23 Fun Bingo 12:15 ;m	24 Chair Exercise Videos 10:30 am	25 Birthday & Anniversary Party Wear Red on Fridays in Feb. Healthy Heart Mon.
28 Advisory Council Meeting 12:15 pm	Call 989-465-6216 or sign-up online at <a href="http://www.SeniorServicesMidland.org">www.SeniorServicesMidland.org</a>			

Meals are available Monday-Friday at 11:30 am. Please call 989-465-6216 by 9 am the day you would like to reserve a meal.

**Regularly Scheduled Programs:**  
Every Tuesday & Thursday –  
Chair Exercise Videos at 10:30 am

*We strongly suggest vaccinating before attending. You will need to wear a mask if you are not vaccinated. Please cancel your reservation if anyone in your household is sick.*

## Activity Descriptions

Tues, Feb. 1  
Dark Chocolate Day

Fri, Feb. 4 • 11:00 am  
Music with Dale Hafer

Tues, Feb. 8 • 12:15 pm  
Friendly Folks Meeting

Wed, Feb. 9: BP Clinic 10:30  
Fun Bingo 12:15 pm

Mon, Feb. 14: Valentine's Day

Wed, Feb. 16  
It's Jell-O Day!

Fri, Feb. 18 • 11:00 am  
Music with Wildfire

Tues, Feb. 22 Fall Prevention .  
Join Physical Therapy & Rehab  
Specialists & learn techniques  
to build your confidence and  
mobility! 12:00pm

Wed, Feb. 23 • 12:15 pm  
Fun Bingo

Fri, Feb. 25  
Birthday & Anniversary Party

Mon, Feb. 28 • 12:15 pm  
Advisory Council Meeting



**Coleman Center**  
415 E Webster • Coleman  
(989) 465-6216  
[SeniorServicesMidland.org](http://SeniorServicesMidland.org)