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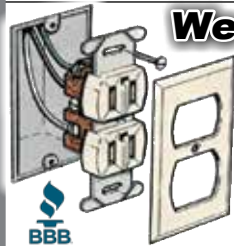
**Hiral K. Shah MD**  
Medical Director

# FEBRUARY • 2023

# Golden Crest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MARCH</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>			<p>8:15am-9am 1 Aerobics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p> <p>10:30 am Rec Board Meeting</p> <p>6:30 pm Ladies' Canasta Night</p> <p>7 pm Men's Poker Night</p>	<p>2 12:30 pm Cards: Hand &amp; Foot</p> <p><b>Groundhog Day</b></p>	<p>3 8:15am-9am Aerobics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p>	<p>4</p>
<p>5</p>	<p>6 TBA Mosaic Arts Class, Clubhouse</p> <p>8:15am-9am Aero- bics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p>	<p>7 3-5 pm Shuffleboard 9 am-10:15 am Fresh Market, Clubhouse</p> <p>TBA Trivia, Senior &amp; Junior</p>	<p>8 8:15am-9am Aerobics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p> <p>6:30 pm Ladies' Canasta Night</p> <p>7 pm Men's Poker Night</p>	<p>9 12:30 pm Cards: Hand &amp; Foot</p> <p>9-10 am Coffee So- cial &amp; Meeting</p> <p>7-10 pm Valentine's Dance</p>	<p>10 8:15am-9am Aerobics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p>	<p>11</p>
<p>12 6-10 pm NFL Championship Party, see Jeff, #315</p> <p><b>Lincoln's Birthday</b></p>	<p>13 TBA Mosaic Arts Class, Clubhouse</p> <p>8:15am-9am Aero- bics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p>	<p>14 3-5 pm Shuffleboard TBA Trivia, Senior &amp; Junior</p> <p><b>Valentine's Day</b></p>	<p>15 8:15am-9am Aerobics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p> <p>6:30 pm Ladies' Canasta Night</p> <p>7 pm Men's Poker Night</p>	<p>16 12:30 pm Cards: Hand &amp; Foot</p>	<p>17 8:15am-9am Aerobics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p>	<p>18</p>
<p>19</p>	<p>20 TBA Mosaic Arts Class, Clubhouse</p> <p>8:15am-9am Aero- bics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p> <p><b>President's Day</b></p>	<p>21 3-5 pm Shuffleboard TBA Trivia, Senior &amp; Junior</p> <p><b>Mardi Gras</b></p>	<p>22 8:15am-9am Aerobics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p> <p>6:30 pm Ladies' Canasta Night</p> <p>7 pm Men's Poker Night</p> <p><b>Ash Wednesday Washington's Birthday</b></p>	<p>23 12:30 pm Cards: Hand &amp; Foot</p> <p>9-10 am Coffee Social &amp; Meeting</p>	<p>24 8:15am-9am Aerobics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p> <p>7-10 pm Game Night</p>	<p>25</p>
<p>26</p>	<p>27 TBA Mosaic Arts Class, Clubhouse</p> <p>8:15am-9am Aero- bics, Clubhouse</p> <p>9:30-10:30 am Water Aerobics</p>	<p>28 3-5 pm Shuffleboard TBA Trivia, Senior &amp; Junior</p>				

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