

# FEBRUARY • 2024 Palm Hill Wellness Calendar



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MARCH</p> <p>S M T W T F S</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>						
<p>9am-9:45am: Sunday Morning Stretch yoga</p> <p>4pm-5pm: Sunday Worship (N)</p> <p>6pm: Hoss collar shuffle</p>	<p>8am: Beginner Yoga (S)</p> <p>8am-9:30am: Coffee &amp; Donuts (N)</p> <p>9:15am: Chair Yoga (S)</p> <p>10am-12pm: Mens Golf Association (N)</p> <p>10:30am-11:30am: Chair adapted Tai Chi (S)</p> <p>10:30am-11:30am: Tai Chi (S)</p> <p>11am: Social Shuffle (S)</p> <p>11:30am-12:30pm: Line Dancing(S)</p> <p>6:30pm: Euchre (N)</p>	<p>9am-10am: Exercise Class (N)</p> <p>10:15am: Flow Yoga (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo ( N )</p>	<p>8am-9:30am: Coffee &amp; Donuts (S)</p> <p>8am: Intermediate Yoga (N)</p> <p>10:30am-11:30am: Cardio Mix (N)</p> <p>3pm-4:30pm: Ukulele Club (S)</p> <p>4pm-5pm: Sunday Worship (N)</p> <p>6:30pm-8:30pm: Men's Billiards (N)</p>	<p>9am: Palm Hill Players (N)</p> <p>9am: BikeClub(N)</p> <p>10am-12pm: Arts and crafts (S)</p> <p>12:30pm: Book Club (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (S)</p>	<p>9am-10am: Exercise Class (N)</p> <p>9:30am: Ladies Championship Tournament (N)</p> <p>10am: Palm Hill Players (N)</p> <p>5pm: Potluck Dinner(S)</p> <p>6:30pm-9:30pm: Karaoke with Obi's (N)</p> <p>6:30pm-9pm: Obi Time Karaoke (N)</p> <p><i>Groundhog Day</i></p>	<p>7am-10am: Valentine Sock-Hop (S)</p> <p>8am-9:30am: Pancake Breakfast (N)</p>
<p>9am-9:45am: Sunday Morning Stretch yoga</p> <p>6pm: Hoss collar shuffle</p>	<p>8am: Beginner Yoga (S)</p> <p>8am-9:30am: Coffee &amp; Donuts (N)</p> <p>9:15am: Chair Yoga (S)</p> <p>10:30am-11:30am: Chair adapted Tai Chi (S)</p> <p>10:30am-11:30am: Tai Chi (S)</p> <p>11am: Social Shuffle (S)</p> <p>11:30am-12:30pm: Line Dancing(S)</p> <p>6:30pm: Euchre (N)</p> <p><i>Lincoln's Birthday</i></p>	<p>9am-10am: Exercise Class (N)</p> <p>10:15am: Flow Yoga (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>6pm-8pm: HOPH Forum</p> <p>7pm-10pm: Bingo ( N )</p> <p><i>Mardi Gras</i></p>	<p>8am-9:30am: Coffee &amp; Donuts (S)</p> <p>8am: Intermediate Yoga (N)</p> <p>10:30am-11:30am: Cardio Mix (N)</p> <p>6:30pm-8:30pm: Men's Billiards (N)</p> <p><i>Ash Wednesday</i> <i>Valentine's Day</i></p>	<p>9am: Palm Hill Players (N)</p> <p>9am: BikeClub(N)</p> <p>10am-12pm: Arts and crafts (S)</p> <p>12:30pm: Book club activity (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (S)</p>	<p>TBD: Ladies PJ Party (S)</p> <p>9am-10am: Exercise Class (N)</p> <p>9:30am: Ladies Championship Tournament (N)</p> <p>10am: Palm Hill Players (N)</p>	<p>TBD: Golf Fore the Cure Tournament (N)</p>
<p>9am-9:45am: Sunday Morning Stretch yoga</p> <p>6pm: Hoss collar shuffle</p>	<p>8am: Beginner Yoga (S)</p> <p>8am-9:30am: Coffee &amp; Donuts (N)</p> <p>9:15am: Chair Yoga (S)</p> <p>10:30am-11:30am: Chair adapted Tai Chi (S)</p> <p>10:30am-11:30am: Tai Chi (S)</p> <p>11am: Social Shuffle (S)</p> <p>11:30am-12:30pm: Line Dancing(S)</p> <p>6:30pm: Euchre (N)</p> <p><i>President's Day</i></p>	<p>Mixed Hot Dog</p> <p>9am-10am: Exercise Class (N)</p> <p>10:15am: Flow Yoga (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo ( N )</p>	<p>8am-9:30am: Coffee &amp; Donuts (S)</p> <p>8am: Intermediate Yoga (N)</p> <p>10:30am-11:30am: Cardio Mix (N)</p> <p>6:30pm-8:30pm: Men's Billiards (N)</p>	<p>9am: Palm Hill Players (N)</p> <p>9am: BikeClub(N)</p> <p>10am-12pm: Arts and crafts (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (S)</p> <p><i>Washington's Birthday</i></p>	<p>9am-10am: Exercise Class (N)</p> <p>9:30am: Ladies Championship Tournament (N)</p> <p>10am: Palm Hill Players (N)</p>	<p>5pm-9pm: Las Vegas Nite (N)</p>
<p>10am: Corn Hole Tournament (S)</p> <p>9am-9:45am: Sunday Morning Stretch yoga</p> <p>6pm: Hoss collar shuffle</p>	<p>8am: Beginner Yoga (S)</p> <p>8am-9:30am: Coffee &amp; Donuts (N)</p> <p>9:15am: Chair Yoga (S)</p> <p>10:30am-11:30am: Chair adapted Tai Chi (S)</p> <p>10:30am-11:30am: Tai Chi (S)</p> <p>11am: Social Shuffle (S)</p> <p>11:30am-12:30pm: Line Dancing(S)</p> <p>6:30pm: Euchre (N)</p>	<p>9am-10am: Exercise Class (N)</p> <p>10:15am: Flow Yoga (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo ( N )</p>	<p>8am-9:30am: Coffee &amp; Donuts (S)</p> <p>8am: Intermediate Yoga (N)</p> <p>10:30am-11:30am: Cardio Mix (N)</p> <p>3pm-4:30pm: Ukulele Club (S)</p> <p>6:30pm-8:30pm: Men's Billiards (N)</p>	<p>9am: Palm Hill Players (N)</p> <p>9am: BikeClub(N)</p> <p>10am-12pm: Arts and crafts (S)</p> <p>1pm-3pm: Table Tennis (N)</p> <p>7pm-10pm: Bingo (S)</p>		



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