

FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FILIPINO LUNCH	CHINESE LUNCH	VIETNAMESE LUNCH	KOREAN LUNCH	HISPANIC LUNCH
9:00 AM – 3:00 PM	9:00 AM – 3:00 PM	9:00 AM – 3:00 PM	9:00 AM – 3:00 PM	9:00 AM – 3:00 PM
		1 10:30 Exercise 12:00 Lunch 12:30 Karaoke	2 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	3 9:00 Social Time 12:00 Lunch
6 9:00 Social Time 10:30 BP Checks 12:00 Lunch	10 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 11:30 Singing 12:00 Lunch	8 10:30 Exercise 11:00 Karaoke 12:00 Lunch	9 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	10 CENTER CLOSED - NUTRITION EMERGENCY MEAL PACKING EVENT
13 VALENTINE'S DAY CELEBRATION	14 9:00 Tai Chi 9:30 Music Group 10:00 BP Checks 10:00 Kongfu Fan Dancing 11:30 Singing 12:00 Lunch	15 10:30 Exercise 11:00 Birthday Celebration 12:00 Lunch 12:30 Karaoke	16 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	17 9:00 Social Time 11:00 BP Checks 12:00 Lunch
20 CENTER CLOSED -- PRESIDENTS' DAY	21 9:00 Tai Chi 9:30 Music Group 10:00 BP Checks 10:00 Kongfu Fan Dancing 12:00 Lunch 12:30 Singing	22 10:30 Exercise 10:45 BP Checks 12:00 Lunch 12:30 Karaoke	23 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	24 NO GROUP- CENTER CLOSED
27 9:00 Social Time 10:45 Zumba 11:30 Birthday Celebration 12:00 Lunch	28 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 11:30 Singing 12:00 Lunch DENTAL CLINIC WITH MTI 9:30 AM – 3:30 PM			



Homage Senior Services – Center for Healthy Living
5026 196th St SW Lynnwood, WA 98036 425-290-1268

