







# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Calendar Activities, Menu and Current Events for all of LifeSpan can now be found on the website	<a href="http://www.lifespanpa.org">www.lifespanpa.org</a>					
					<b>1 Wear Red Day</b> 8:30 Mall Walking 10:30 Movie	2
3	4 8:30 Mall Walking 9:30 Strength Training	5 8:30 Mall Walking 10:30 Bingo 11:00 Health & Wellness	6 8:30 Mall Walking 9:30 Yoga 11:00 Movie	7 8:30 Mall Walking 8:30 Panera 9:30 Advisory Board 10:00 Aerobic Exercise	8 8:30 Mall Walking 10:00 Legacy Lanes (Ladies Day)	9 
10 	11 8:30 Mall Walking 9:30 Strength Training	12 8:30 Mall Walking 10:30 Shanghai	13 8:30 Mall Walking 9:30 Yoga 11:00 Movie	14 8:30 Mall Walking 10:00 Aerobic Exercise	15 8:30 Mall Walking 9:00 Valentines Breakfast 10:00 Legacy Lanes (Senior Social)	16
17	18 8:30 Mall Walking 9:30 Strength Training	19 8:30 Mall Walking 10:30 Bingo 11:00 Health & Wellness	20 8:30 Mall Walking 9:30 Yoga 11:00 Movie	21 8:30 Mall Walking 10:00 Aerobic Exercise	22 8:30 Mall Walking 9:30 Rep. Davis 11:30 Lunch Bunch At Calabria's	23 
24 	25 8:30 Mall Walking 9:30 Strength Training	26 8:30 Mall Walking 10:30 Bunco 11:00 Health & Wellness	27 8:30 Mall Walking 9:00 Meadows Casino 9:30 Yoga	28 8:30 Mall Walking 8:30 Panera 10:00 Aerobic Exercise 11:15 Day at the Races		