



February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Class 10:15a	4 Class 10:15a	5 Class 10:15a	6 Class 10:15a (sp)	7 Chair yoga 10:15a Mat yoga 11:15a	8
9	10 Class 10:15a (sp)	11 Class 10:15a	12 Class 10:15a	13 Class 10:15a	14 Chair yoga 10:15a Mat yoga 11:15a	15
16	17 Class 10:15a Dine to Donate	18 Class 10:15a	19 Class 10:15a	20 Class 10:15a (sp)	21 Chair yoga 10:15a Mat yoga 11:15a	22
23	24 Class 10:15a (sp) Caregiver Support Group	25 Class 10:15a	26 Class 10:15a Support Group	27 Class 10:15a	28 Chair yoga 10:15a Mat yoga 11:15a	29

EVENTS

Caregiver Support Group

Held on Monday, February 24th at 10:15am at Northridge Gracious Retirement Living located at 146th and Allisonville Rd. Light Refreshments served. Questions? Call 317-550-5648.

Support Group

Support group for all held at LivRite Fitness located at 14640 Herriman Blvd at 11:30am. Open Discussion this month.

Dine To Donate

Please join us as we share a meal at BJ's Brewhouse Monday, Feb. 17th from 11a-10p. These events help us support those in need of scholarships.