



February 2012

Coatesville Senior Center 22 N. 5th Ave 610*383*6900

Mon.- Friday 8:30-3:00

Mon

Tue

Wed

Thu

Fri

No Chair Yoga for the Month of February.

Heart Month!



1 10 & 11 Exercise
10-Blood Pressure
10:30 Rhymes & Poems
1-Make Shadow Silhouettes

2 Ground Hog Day
10:30-11:30 Hydration Screening
1-Guess who's Silhouette it is?
4-ZUMBA

3 Be Humble Day
10 & 11 Exercise
10:30 Library visit
1-Bingo

6
10 & 11 Exercise
12:45 Bible Study
1-Review of Events



7 No Yoga
10:30 Craft-Hershey Roses
1-Custom Organizing
1-Soul Line Dancing

8 10 & 11 Exercise
10:30-Family Tree-gathering history
1-Remembering Members

9
11-Walking Club
12:45 C.A.S.H. Students
1-Bearvement Support Group
4-ZUMBA-fee

10 10 & 11 Exercise
1-Classic Movie
1-Computer Time
(Last day to order for Birthday Party)

13
10 & 11 Exercise
12:45 Bible Study
1-Make Valentine Cards

14 VALENTINE'S DAY-WEAR RED
10:30 Rummy Time
11-How I met my spouse
12-Valentine Day Lunch

15 10 & 11 Exercise
12-Birthday Party
12:45 Giruzzi Production-
Dress to dance!

16
11-You're in the Spotlight
12:45 Entertainment-Shadows & Dust
4:00 Zumba

17
10 & 11-Exercise
10:30 Reading at Caln School
1-Bingo



20 President's Day
10 & 11 Exercise
12:45 Bible Study
1- Review of Events

21 No Yoga
10:30 Rummy Time
1-What we should know about Colorectal Cancer
1-Soul Line Dancing

22 10 & 11 Exercise
10:30-Financial Education Workshop
1-Healthy Living Today-Nutrition/
Buying Food on a budget
4-7-Lenten Fish Dinner

23
11-Walking Club
1-Children from Library reading with seniors
4-ZUMBA-fee

24
10 -Exercise
CLOSED IN - SERVICE DAY

27
10 & 11 Exercise
12:45 Bible Study
1-Final Expense Insurance Info

28 No Yoga
10:30 Rummy time
11-Library Visit
1-Art Appreciation-Wassily Kandinski



29 Sadie Hawkins Day
10 & 11 Exercise
1-Say Cheeze!!-Sample different cheeses
1-Big Crossword Puzzle

This Months:
Birth sign-Aquarius/
Pisces
Birthstone-Amethyst
Flower-Violet/Primrose
Color-Violet

Coming Events:
Shopping
Garden Club
Pinochle Club

