

February

2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	2	3
4	5 AquaFit – 11am - 12noon Folk Dance – 3:30pm – 4:30pm	6 Staff Meeting – 10am Soca fit: 11:30 am -12:30 pm Art – 2pm -4pm	7 AquaFit – 11am - 12noon French – 10am – 11:30 am BHM Activity 1-3 pm Line Dance – 4pm – 5pm	8 Computer – Beg. – 10am – 12noon Computer – Inter –4pm – 5:30pm Zumba – 4pm – 5pm	9 Fun Friday & Handicraft - 10am - 2pm AquaFit – 11am - 12noon BHM Activity 1-3 pm Chair Yoga – 4pm – 5pm	10
11	12 AquaFit – 11am - 12noon Folk Dance – 3:30pm – 4:30pm	13 Staff Meeting – 10am Soca fit: 11:30 am -12:30 pm BHM Activity 1-3 pm	14 AquaFit – 11am - 12noon French – 10am – 11:30 am BHM Activity 1-3 pm Line Dance – 4pm – 5pm	15 Computer – Beg. – 10am – 12noon Computer – Inter –4pm – 5:30pm Zumba – 4pm – 5pm	16 Fun Friday & Handicraft - 10am - 2pm AquaFit – 11am - 12noon Chair Yoga – 4pm – 5pm	17
18	19 AquaFit – 11am - 12noon BHM Activity 1-3 pm Folk Dance – 3:30pm – 4:30pm	20 Staff Meeting – 10am Soca fit: 11:30 am -12:30 pm Art – 2pm -4pm	21 AquaFit – 11am - 12noon French – 10am – 11:30 am Line Dance – 4pm – 5pm	22 Computer – Beg. – 10am – 12noon Computer – Inter –4pm – 5:30pm Zumba – 4pm – 5pm	23 Fun Friday & Handicraft - 10am - 2pm AquaFit – 11am - 12noon Chair Yoga – 4pm – 5pm	24
25	26 AquaFit – 11am - 12noon BHM Activity 1-3 pm Folk Dance – 3:30pm – 4:30pm	27 Staff Meeting – 10am Soca fit: 11:30 am -12:30 pm Art – 2pm -4pm	28 AquaFit – 11am - 12noon French – 10am – 11:30 am Line Dance – 4pm – 5pm	29 Computer – Beg. – 10am – 12noon Computer – Inter –4pm – 5:30pm BHM- Community Lunch at MCSO Zumba – 4pm – 5pm		

BHM – Black History Month

Coming Very Soon! – CBAC's Black History Month Scheduled Events