



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="text-align: center;">February 2024</h1> <h2 style="text-align: center;">ARKC Activities Calendar</h2> <p style="text-align: center;">Every day @ 9am Social Hour w/ coffee, tea, &amp; cocoa Every day @ 12pm Lunch</p>		 <p style="text-align: center;"><b>Avenidas</b> Rose Kleiner Center</p> <p style="text-align: center;"><i>*Activities subject to change</i></p>	<p style="text-align: right;"><b>1</b></p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> ❤️ Heart Wreath 11am Exercise 1pm Drum Circle w/ Anita <u>or</u> Flyswatter Tennis <u>or</u> 🐻 Teddy</p>	<p style="text-align: right;"><b>2</b></p> <p>10am Social Change w/ Rachel <u>or</u> Groundhog Day Coloring 11am Meditation w/ Bill <u>or</u> Exercise 1pm Bowling <u>or</u> BINGO</p>
<p style="text-align: right;"><b>5</b></p> <p>10am Happy News w/ Rachel <u>or</u> L♥VE you to pieces puzzle 11am Exercise 1pm Board Games <u>or</u> Chair Volleyball</p>	<p style="text-align: right;"><b>6</b></p> <p>10am Superbowl Trivia <u>or</u> L♥VE Scratch Art 11am Exercise 1pm Classical Piano w/ Theresa <u>or</u> BINGO</p>	<p style="text-align: right;"><b>7</b></p> <p>10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark 11am Exercise 1pm Rockin' w/ Regi <u>or</u> Horseshoes</p>	<p style="text-align: right;"><b>8</b></p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> L♥VE Collages 11am Exercise 1pm Watercolor w/ Eileen <u>or</u> Noodle Hockey <u>or</u> 🐻 Teddy</p>	<p style="text-align: right;"><b>WEAR 49ers GEAR 9</b></p> <p>10am Social Change w/ Rachel <u>or</u> Lunar New Year Dragons 11am Meditation w/ Bill <u>or</u> Exercise 1pm Anna on Piano <u>or</u> BINGO</p>
<p style="text-align: right;"><b>WEAR RED FOR NEW YEAR 12</b></p> <p>10am Happy News w/ Rachel <u>or</u> Valentine's Cards 11am Exercise 1pm Folk Music w/ Nancy Cassidy <u>or</u> Golf</p>	<p style="text-align: right;"><b>13</b></p> <p>10am Black History Month Trivia <u>or</u> Mardi Gras Masks 11am Exercise 1pm Beanbags and Balls <u>or</u> BINGO</p>	<p style="text-align: right;"><b>♥♥ WEAR HEARTS ♥♥ 14</b></p> <p>10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark 11am Exercise 1pm Drum Circle w/ Jane <u>or</u> Parachute</p>	<p style="text-align: right;"><b>15</b></p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Fairy Doors 11am Exercise 1pm Rockin' w' Regi <u>or</u> Flyswatter Tennis <u>or</u> 🐻 Teddy</p>	<p style="text-align: right;"><b>FRIENDS DRESS ALIKE 16</b></p> <p>10am Social Change w/ Rachel <u>or</u> Doily Art 11am Meditation w/ Bill <u>or</u> Exercise 1pm Duck Hunt <u>or</u> BINGO</p>
<p style="text-align: center;"><b>CLOSED 19</b></p> 	<p style="text-align: right;"><b>20</b></p> <p>10am Trivia Tuesday <u>or</u> Word Search 11am Exercise 1pm Classical Piano w/ Theresa <u>or</u> BINGO</p>	<p style="text-align: right;"><b>21</b></p> <p>10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark 11am Exercise 1pm Sing-Along <u>or</u> Air Hockey</p>	<p style="text-align: right;"><b>22</b></p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Owls 11am Exercise 1pm Watercolor w/ Eileen <u>or</u> Darts <u>or</u> 🐻 Teddy</p>	<p style="text-align: right;"><b>23</b></p> <p>10am Social Change w/ Rachel <u>or</u> Planet Tea Lights 11am Meditation w/ Bill <u>or</u> Exercise 1pm Anna on Piano <u>or</u> BINGO</p>
<p style="text-align: right;"><b>26</b></p> <p>10am Happy News w/ Rachel <u>or</u> Decorate Fans 11am Exercise 1pm Indigo Fire <u>or</u> Beanbags and Balls</p>	<p style="text-align: right;"><b>27</b></p> <p>10am Trivia Tuesday <u>or</u> Heart Strings ♥ 11am Exercise 1pm Horseshoes <u>or</u> BINGO</p>	<p style="text-align: right;"><b>28</b></p> <p>10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark 11am Exercise 1pm Timo on Steel Drum <u>or</u> Duck Hunt</p>	<p style="text-align: right;"><b>29</b></p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Leap Year Frogs 11am Exercise 1pm Name That Tune <u>or</u> Bowling <u>or</u> 🐻 Teddy</p>	<p style="text-align: right;"><b>Year of the Dragon</b></p> 