

February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>“And now these three remain: faith, hope and love. But the greatest of these is love” -1 Corinthians 13:13</p>				<p>1 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene</p>	<p>2 9:00 Hybrid Fitness \$ 1:30 Bingo with Unity Christian School Students (Summit Dining Room)</p>	<p>3</p>
<p>4</p>	<p>5 9:00 Functional Fitness \$ 10:00 Chair Fitness \$</p>	<p>6 10:00 Board Games in the Chehalis Cafe</p>	<p>7 9:00 Functional Fitness \$ 10:00 Chair Fitness \$</p>	<p>8 1:30 Hymns & Praise with Darlene</p>	<p>9 9:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session- Heart Health</p>	<p>10</p>
<p>11 2:30 Sunday Service Provided by Pastor Lorin</p>	<p>12 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Yahtzee (Summit Dining Room)</p>	<p>13 5:00 Valentine’s Community Dinner featuring Live Harp Music * \$</p>	<p>14 VALENTINE'S DAY 9:00 Functional Fitness \$ 10:00 Chair Fitness \$</p>	<p>15 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene</p>	<p>16 9:00 Hybrid Fitness \$ 1:30 Classical Piano with Jessica Jou * \$</p>	<p>17</p>
<p>18</p>	<p>19 FAMILY DAY <i>*Please note: there are no fitness classes today.</i></p>	<p>20</p>	<p>21 9:00 Functional Fitness \$ 10:00 Chair Fitness \$</p>	<p>22 1:30 Hymns & Praise with Darlene 1:30 Amplifon Hearing-Hearing Aid Clean and Check *by appointment only*</p>	<p>23 9:00 Hybrid Fitness \$</p>	<p>24</p>
<p>25 2:30 Sunday Service Provided by River of Life Church</p>	<p>26 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:30 Acrylic Painting Class * \$</p>	<p>27 2:00 Music with Barry Wilson* \$</p>	<p>28 9:00 Functional Fitness \$ 10:00 Chair Fitness \$</p>	<p>29 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene</p>	<p>Abbreviation Key: \$ = Cost associated with event * = Sign-up required All events/programs occur in the Selkirk Multipurpose Room, unless noted otherwise</p>	