<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>3</td>
<td>8:00 COFFEE &amp; NEWS 9:00 SNACKS W/ TONY 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAMNA 2:00 ANAGRAMS</td>
<td>4</td>
<td>8:00 COFFEE &amp; NEWS 9:00 SNACKS W/ TONY 10:00 CMRR CLASS W/ ULDIS 10:00 BALBOA PARK 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 ARMCHAIR TRAVEL</td>
<td>5</td>
<td>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 SING-A-LONG W/ TOM 10:30 ART-CLASS W/ ANNA 1:00 MINDING MOTION W/ ERICA</td>
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<td></td>
<td>10:00 COFFEE &amp; NEWS</td>
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<td>17</td>
<td>8:00 COFFEE &amp; NEWS 9:00 SNACKS W/ TONY 10:00 MUSIC W/ MARCIA 1:00 MUSIC THERAPY W/ JULIA 2:00 ARMCHAIR TRAVEL</td>
<td>18</td>
<td>8:00 COFFEE &amp; NEWS 9:00 SNACKS W/ TONY 9:30 COLORING 10:30 PET THERAPY VISIT 10:45 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME</td>
<td>19</td>
<td>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 ART-CLASS W/ ANNA 1:00 MINDING MOTION W/ ERICA</td>
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<td>24</td>
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<td>25</td>
<td>8:00 COFFEE &amp; NEWS 9:00 SNACKS W/ TONY 9:30 NAIL CARE 10:30 MADAME LEROUX 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME</td>
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<td>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 ASH WEDNESDAY WIDOG 1:00 MINDING MOTION W/ ERICA</td>
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**FEBRUARY 2020**

**ZUMBA**

_Fitness_  
A total workout, combining all elements of fitness  
Muscle conditioning balance and flexibility

**IN HONOR OF PRESIDENT’S DAY**  
PACE WILL BE CLOSED

**FEBRUARY**

_After rain_  
Like sunshine

**LIKE THIS**

_MINDING MOTION_  
BODY

**VALENTINES DAY**

**SUN**

_MUSIC EMPOWERS PEOPLE TO DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCE_  
Love.......Comforted  
Like sunshine  
After rain

**SAN DIEGO, CA  92101**

**RELAXATION AND**  
BODY

**TALENT SHOW**

**“YOGA”**

_MIND-BODY PRACTICE THAT COMBINE MOVEMENT BREATHING RELAXATION AND MEDITATION_