







MONONA SENIOR CENTER CALENDAR • FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30 Tax Clinic 10:00 <i>Memory Café</i> 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre	2 8:45 Senior Shape-up 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 12:00 Bingo & Lunch 1:00 <i>Mah Jongg</i>	3 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:30 Sheepshead
6 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:00 Reflexology 12:30 Bridge	7 9:30 East Towne 10:00 Chorus 12:30 500/Hand & Foot 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble <i>Send a Card to a Friend Day</i>	8 8:30 Tax Clinic 10:00 Stretch & Tone 10:00 Veterans Meet 11:00 Pilates 12:00 Canasta 12:45 Euchre <i>Kite Flying Day</i> 	9 8:45 Senior Shape-up 10:00 Coming to America 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 <i>Mah Jongg</i> 1:00 Movie	10 9:00 Cribbage 9:30 Scholarly Scoop 10:00 Stretch & Tone 11:00 Pilates 11:30 Case Manager 12:00 Nutrition Site 12:30 Sheepshead 1:00 Ballroom Basics
13 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge 12:00 Tax Clinic 	14 9:00 Foot Care Clinic 9:30 Woodman's 10:00 Chorus 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble  <i>National Organ Donor Day</i>	15 8:30 Tax Clinic 10:00 Stretch & Tone <i>10:00 Knit & Stitch</i> 10:00 Falls Prevention 11:00 Pilates 12:00 Canasta 12:45 Euchre <i>Wisconsin Day</i>	16 8:45 Senior Shape-up 10:00 Crafts 11:30 Cup of Chi 12:00 Reflexology 12:00 Dominoes/ Rummikub 1:00 Stamp Camp <i>1:00 Mah Jongg</i> 4:00 Friends Annual Meeting	17 8:00 Chair Massage 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:30 Sheepshead 1:00 Ballroom Basics 
20 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:00 Tax Clinic 12:30 Bridge <i>Love Your Pet Day</i>	21 10:00 Chorus 12:00 Carve-In 12:00 Dan's Open Lab 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Learn to Snowshoe and San Damiano Tour	22 8:30 Tax Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre <i>Walking the Dog Day</i>	23 8:45 Sr. Shape -Up 9:00 Foot Care Clinic 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub <i>1:00 Mah Jongg</i> 1:00 Movie	24 9:00 Cribbage 9:00 Foot Clinic 10:00 Stretch & Tone 11:00 Pilates 11:00 Low Vision 12:00 Nutrition Site 12:30 Sheepshead 1:00 Ballroom Basics
27 8:30 Quilters 8:45 Dia. Foot Clinic 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge	28 10:00 Chorus 12:00 Carve-In 12:00 Dan's Open Lab 12:30 500/Hand & Foot 1:00 Scrabble	<i>Italics is an offsite program // Green denotes Zoom Events</i> <div style="text-align: center;">  </div>		