February BIRTHDAYS

- Esther Girgecker 02/02
- Patricia Mumaw 02/02
- Henry Holzberg 02/09
- George Katen 02/12
- Dorothy Madson 02/15
- Howard Smith 02/22

Petaluma Senior Café Event Schedule 2018
February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH	**MIND**	**SPIRIT**	**COMMUNITY** 1. BINGO	**HEALTH** 2. Exercise with Diana (Groundhog Day)
5. John Trott at the piano	6. HOLIDAY DECORATING	7. Sing-a-long with Steve Della Maggiora	8. BINGO	9. Exercise with Diana & Aldo
12. NUTRITION AND HEALTH with Wendy	13. BRAIN TEASERS	14. Valentine's Party with Al U'Ren at the piano (Ash Wednesday)	15. BINGO	16. Exercise with Diana
19. **CLOSED** FOR PRESIDENTS' DAY	20. BRAIN TEASERS	21. Sing-a-long with Steve Della Maggiora	22. BINGO	23. Exercise with Diana & Aldo
26. John Trott at the piano	27. BRAIN TEASERS	28. Sing-a-long with Steve Della Maggiora		

PETALUMA SENIOR CAFÉ 765-8488
PARATRANSIT 765-8493

"Why come before 1:00 p.m.?"
To join in on the fun and interesting activities that are listed here.

WHY ACTIVITIES ARE IMPORTANT.

It has been proven over and over that the more often and longer the mind and body stay occupied and stimulated, the healthier physically and psychologically a person is at any age.

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We are always open to new ideas so let us know if you have any.
You are welcome and encouraged to stay after the meal for an open discussion!!!!!

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