

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Dekalb • Koffee Klutch @10 • Chair Yoga @10:30 • Arms, Abs, and Legs @11:30 • Vinyasa Flow Yoga @12 Sycamore • Walkers/Talkers @10, Cards @11 Malta • Cards @11 • VAC Box Lunch @12	04 Dekalb • Woodcarving @10:30 • Balance/Fall Prevention @10:30 • Arts & Chats @11:30 • Pinochle, Euchre, Bridge @12:30	05 Dekalb • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • VAC LUNCH @12, Bingo @1 • Bridge and Mahjong @12:30 Malta • Cards and Bingo @1	06 Dekalb • Documentary Day @11 • Pinochle, Euchre, Bridge, Tripoley, and Mexican Train Dominoes @12:30 • Dekalb Public Library Pop-in @11	07 Dekalb • DVD Exercise @10 • Balance/Fall Prevention @10:30 • Line Dancing @12 • Friday Film @1 Sycamore • Walkers/Talkers @10, Cards @11 • Arms, Abs, and Legs @11:30 • Gentle Mat Stretch @12 Malta • DCHD @11 ,VAC Box Lunch @12
10 Dekalb • NIU Nursing @9:30-1 • Koffee Klutch @10 • Chair Yoga Meditation @10:30 • Arms, Abs, and Legs @11:30 • Vinyasa Flow Yoga @12 Sycamore • Walkers/Talkers @10, Cards @11 Malta • Yum Box w/Heritage Woods @11 • Cards @11 • VAC Box Lunch @12	11 Dekalb • Woodcarving @10:30 • Balance/Fall Prevention @10:30 • Arts & Chats @11:30 • Pinochle, Euchre, Bridge @12:30 • Creative Writing @1	12 Dekalb • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • VAC LUNCH @12, Bingo @1 • Bridge and Mahjong @12:30 Malta • Cards and Bingo @1	13 Dekalb • Documentary Day @11 • Pinochle, Euchre, Bridge, Tripoley, and Mexican Train Dominoes @12:30 • Movie Day - Out of Africa @1	14 Dekalb • DVD Exercise @10 • Balance/Fall Prevention @10:30 • Valentines Day Celebration @12, Bingo @1 • Friday Film @1 Sycamore • Walkers/Talkers @10, Cards @11 • Arms, Abs, and Legs @11:30 • Gentle Mat Stretch @12 Malta • VAC Box Lunch @12
17 Dekalb • Koffee Klutch w/Grand Victorian @10 • Chair Yoga @10:30 • Arms, Abs, and Legs @11:30 • Vinyasa Flow Yoga @12 Sycamore • Walkers/Talkers @10, Cards @11 Malta • Cards @11 • VAC Box Lunch @12	18 Dekalb • Woodcarving @10:30 • Balance/Fall Prevention @10:30 • Kristie Kooks @10:30 • Arts & Chats @11:30 • Pinochle, Euchre, Bridge @12:30	19 Dekalb • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • Scam Smart w/ Mayor Cohen Barnes @11 • VAC LUNCH @12, Bingo @1 • Bridge and Mahjong @12:30 Malta • Souper Wednesday w/ Aperion Care @11 • Cards and Bingo @1	20 Dekalb • Documentary Day @11 • Pinochle, Euchre, Bridge, Tripoley, and Mexican Train Dominoes @12:30	21 Dekalb • DVD Exercise @10 • Balance/ Fall Prevention @10:30 • Sweater Weather Potluck • Friday Film @1 Sycamore • Walkers/Talkers @10, Cards @11 • Arms, Abs, and Legs @11:30 • Gentle Mat Stretch @12 Malta • VAC Box Lunch @12
24 Dekalb • NIU Nursing @9:30-1 • Koffee Klutch w/Heartland Hospice @10 • Chair Yoga @10:30 • Arms, Abs, and Legs @11:30 • Vinyasa Flow Yoga @12 Sycamore • Walkers/Talkers @10, Cards @11 Malta • Cards @11 • VAC Box Lunch @12	25 Dekalb • Woodcarving @10:30 • Balance/Fall Prevention @10:30 • NIFB Grocery Market Pick-up @11 • Arts & Chats @11:30 • Pinochle, Euchre, Bridge @12:30	26 Dekalb • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • Trip - Paramount Theatre @12 • VAC LUNCH and Dekalb County Health Dept. @12 • Bingo @1 • Bridge and Mahjong @12:30 Malta • Cards and Bingo @1	27 Dekalb • Documentary Day @11 • Pinochle, Euchre, Bridge, Tripoley, and Mexican Train Dominoes @12:30	28 Dekalb • DVD Exercise @10 • Balance/Fall Prevention @10:30 • Friday Film @1 Sycamore • Walkers/Talkers @10, Cards @11 • Arms, Abs, and Legs @11:30 and Gentle Mat Stretch @12 Malta • VAC Box Lunch @12