

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.	Anastasia Jenkins-Garvin 1514 Richmond Ave Port Royal SC 29935 Phone: (843) 592-6077 EVENTS ARE SUBJECT TO CHANGE			Birthdays Bob – 9 th Mary R – 11 th Heaven – 12 th Daisy – 18 th	celebrate BLACK history MONTH	National FREEDOM DAY
1)	2) Chair Exercise & Wreath Making 	3) A Moment in Black History & B-I-N-G-O	4) Field Trip Savannah Civil Rights Museum 	5) Healthy Conversation Healthy Food, Healthy Brain Jewelry Making	6) Jewelry Making & Movie Wear Red Day	7) RANDOM ACTS OF KINDNESS WEEK FEBRUARY 14-20 #findKindness
8)	9) Local Trip Praise Assembly Program Fellowship Meal	10) Card Making by Jeannie B-I-N-G-O	11) Local Trip Tyrone's Sit & Stay Strong Chair Exercise	12) Valentine's Day Social 	13) Port Royal Library & Port Royal Fire Dept	HAPPY Valentine's DAY
15) RANDOM ACTS OF KINDNESS DAY 17 FEB	16) CENTER HAPPY PRESIDENTS' DAY CLOSED	17) Chair Exercises B-I-N-G-O	18) Mardi Gras Celebration Burton Wells 	19) Black History Program	20) Local Trip Beaufort Thrifting 	21) Alzheimer's & Dementia Care Education Week FEBRUARY 14-21 Seniors Helping Seniors
22) <i>I love you to the moon and back!</i>	23) Scrapbooking by Jeannie	24) Field Trip Fresh Express Bluffton 	25) Field Trip SAVANNAH RIVERBOAT CRUISES	26) Birthday Celebration celebrate!	27) Movie & Popcorn 	28) February is American Heart Month