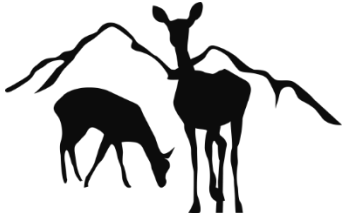


# CLUB YARNELL

## SCHEDULE



### February 2018

Every Monday, 4:00- 6:30 pm

**Game night**

Every 1st Tues., Feb.6, 6:00 pm

**Tai Chi**

Every Tues., 11:00 – 12:00 pm

**Blood Pressure Checks**

Wed. Feb. 14, 1:30 – 3:00 pm

**Just A Conversation –**

**Weight Management: Making it Easy**

Tues. Feb. 20, 5:30 – 7:30 pm

**ANNUAL MEETING &**

**ELECTION FOR YRCC - Potluck**

Wed. Feb 28, 1:30 – 4:30 pm

**What Your Spouse Would Want**

**You to know When They Pass:**

**Hospice Volunteer June Sherod**

### March 2018

Every Monday, 4:00- 6:30 pm

**Game night**

Every 1st Tues., Mar 6, 6:00 pm

**Tai Chi**

Every Tues., 11:00 – 12:00 pm

**Blood Pressure Checks**

Sat. Mar. 10, 1:00 – 3:00 pm

**Healing With Horses: Field Trip**

**with Colleen Durango**

Wed. Mar. 14, 2:00 – 4:00pm

**Fun in the Kitchen w/ Rebecca D**

Sun. Mar. 18, 1:00 – 3:00pm

**Martial Arts & Self-defense for Women**

**with Scott Shepherd**

Wed. Mar. 28, 2:00 – 4:00pm

**Fun in the Kitchen w/ Rebecca**

**Club Yarnell** is open to everyone! ALL Programs are free, unless specified.  
Call Jerry Florman for ideas, details and to offer a program. 602.399.1679