

# Bowen Senior Center

# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Drop-In 9a-5p Senior Fit 10:30a-12:30p	2 Drop-in 9a-5p Movie: Till 1p	3 Drop-In 9a-5p Senior Fit 10:30a-12:30p	4
5	6 Drop-In 9a-5p Senior Fit 10:30a-12:30p	7 Drop-In 9a-5p GOC 10a-12p Oak Street Rep. 11a	8 Drop-In 9a-5pm Senior Fit 10:30a-12:30p Alzheimer Support Group 1pm	9 Drop-In 9a-5p Senior Fit 10:30a-12:30p	10 Drop-In 9a-5p Senior Fit 10:30a-12:30p	11
12	13 Drop-In 9a-5p Senior Fit 10:30a-12:30p	14 Drop-In 9a-5p GOC 10a-12p Aging Presentation MDHS 10:30a-12p	15 Drop-In 10:30a-12:30p Senior Fit 10:30a-12:30p	16 Drop-In 9a-5p Movie: The Woman King 1p	17 Drop-In 9a-5p Senior Fit 10:30a-12:30p	18
19	20 Drop-In 9a-5p Senior Fit 10:30a-12:30p	21 Drop-In 9a-5p GOC 10a-12p GOC Black History Presentation 11a	22 Drop-In 10:30a-12:30p Senior Fit 10:30a-12:30p Book Club 1pm	23 Drop-In 9a-5p	24 Drop-In 9a-5p Senior Fit 10:30a-12:30p Black History Event 1p- 3p. RSVP Oak St. Health	25
26	27 Drop-In 9a-5p Senior Fit 10:30a-12:30p	28 Drop-In 9a-5p GOC 10a-12p Kristen Nelson 11a				