

# February 2023 Program Calendar

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:45 Nutrition Site Committee 11:00 Mid-Week Movement 12:30 Music with the Palmer Players	<b>2</b> 10:30 Bingo 2:00 Virtual Tai Chi for Arthritis #	<b>3</b> 10:45 Got Chocolate? 12:15 Tech Talk and Assistance	<b>4</b> <b>60+ Pickleball Tournament</b>
<b>6</b> 10:00 Blood Pressure Checks with Cleveland University Motivation and Movement 12:15 Tech Talk and Pop Up Library 2:00 Virtual Tai Chi for Arthritis #	<b>7</b> 9:00-3:00 Tax Prep Assistance # 10:30 Shuffleboard	<b>8</b> 9:00-3:00 Tax Prep Assistance # 10:00 Coloring Your Way 11:00 Mid-Week Movement 12:30 Open Music Jam	<b>9</b> 10:30 Veteran's Café 12:15 American Rhythm Performance 2:00 Virtual Tai Chi for Arthritis #	<b>10</b> 10:30 The Art in You 12:15 Super Bowl Snacks and Trivia	<b>11</b> <b>18+ Pickleball Tournament</b>
<b>13</b> 10:00 Activity with Cleveland University Motivation and Movement 2:00 Virtual Tai Chi for Arthritis #	<b>14</b> 10:30 Valentine's Party and Craft	<b>15</b> 10:30 Nutrition Presentation 12:30 Music with the Palmer Players	<b>16</b> 10:30 Heart Health Talk by Dr. Grey 12:30 White Elephant Bingo 2:00 Cover to Cover Book Club 2:00 Virtual Tai Chi for Arthritis #	<b>17</b> 10:30 Backyard Birding 12:15 Ice Cream Social 12:15 Uno	<b>18</b>
<b>20 President's Day</b> 10:30 DIY Flower Pot 2:00 Virtual Tai Chi for Arthritis #	<b>21</b> 9:30 VNA Blood Pressure Checks 10:30 Fall Prevention	<b>22</b> 10:00 Coloring Your Way 11:00 Mid-Week Movement 12:30 Open Music Jam	<b>23</b> 10:30 5 A Day Bingo 2:00 Virtual Tai Chi for Arthritis #	<b>24</b> 10:30 Suncatcher Craft 11:30 Birthday Lunch 12:15 Party with Cleveland Students	<b>25</b>
<b>27</b> 10:00 Activity with Cleveland University Motivation and Movement 2:00 Virtual Tai Chi for Arthritis #	<b>28</b> 10:30 Travelogue				
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB \$ 11:30 Lunch # 11:00-1:00 Open Line Dance \$3 12:30-2:30 Bare Bones Art	9:00-9:45 Stretch & Tone \$2 11:30 Lunch # 12:00-4:00 Intermediate Bridge TMB \$ 12:30 Pinochle 1:30 Zuma Gold TMB \$ <b>11:30- 1:00 Beginner Pickleball \$</b> <b>1:00 – 3:30 Open Play Pickleball \$</b> <b>3:30 – 5:00 Advanced Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 11:30 Lunch # 12:00-4:00 Woodcarving Club SC 1:45-2:30 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$2 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 12:30 Pinochle <b>11:30- 1:00 Beginner Pickleball \$</b> <b>1:00 – 3:30 Open Play Pickleball \$</b> <b>3:30 – 5:30 Advanced Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 11:00-1:00 Instructed Line Dance \$3 <b>1:15 – 4:45 Open Play Pickleball \$</b>	

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center

[www.ci.independence.mo.us/parksandrec/palmer](http://www.ci.independence.mo.us/parksandrec/palmer)