

# February Calendar

MON

TUES

WED

THUR

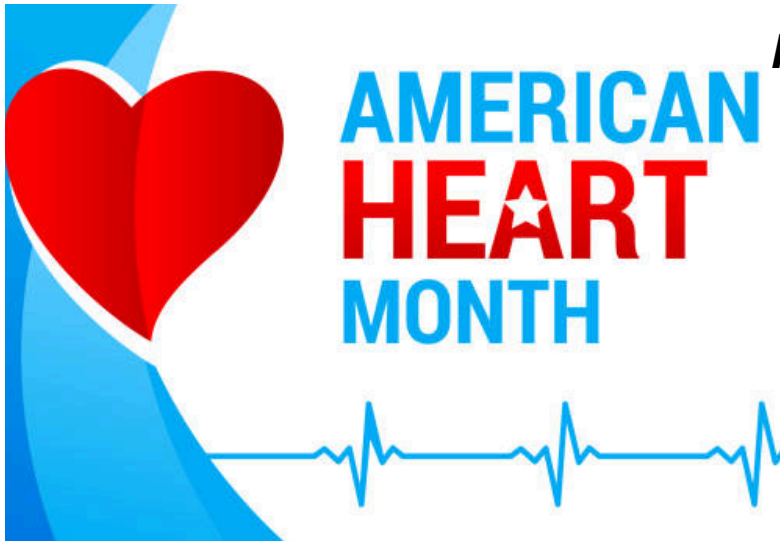
<p>9:30am - 11am <sup>3</sup> SHOPPING @</p> 	<p>10am - 12pm <sup>4</sup> MOVIE</p> 	<p>10am - 11am <sup>5</sup></p> 	<p>10:30 - 11:30am <sup>6</sup> BIBLE STUDY</p> 
<p>10am - 11am <sup>10</sup> SHOPPING @</p> 	<p>11am - 12pm <sup>11</sup></p> 	<p><sup>12</sup></p>	<p>11am - 12pm <sup>13</sup> VALENTINE'S LUNCH</p> 
<p><sup>17</sup></p> 	<p><sup>18</sup></p>	<p>10am - 11am <sup>19</sup> SPECIAL PROGRAM</p>	<p>10:30 - 11:30am <sup>20</sup> BIBLE STUDY</p> 
<p>10am - 11am <sup>24</sup> SHOPPING @</p> 	<p><sup>25</sup></p>	<p>10am - 11am <sup>26</sup> SPECIAL PROGRAM</p>	<p>10am - 11am <sup>27</sup> SHOUT IT OUT</p> 

**CAUTION**  
**COLD & FLU SEASON**

- Good Habits to Keep You and Others Healthy**
- Wash your hands frequently and for 20 seconds.
  - Avoid touching your eyes, nose or mouth.
  - When coughing or sneezing, cover your mouth or tuck your mouth into your elbow.
  - Avoid contact with people who are sick.

**Celebrating Black History -  
Believe, Achieve, Succeed**

**Black History Month, also known as African-American History Month, is observed every February in the United States. It is our opportunity to honor the history and contributions of African Americans.**



***February is American Heart Month!  
Take time to look at your eating and physical activity habits. Are they heart healthy? Stress management is another factor that plays a key role in maintaining a happy healthy heart.***

**If you read the newsletter,  
let us know. - Sean**