

February



Milestones wellness center

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Weaverville Commodities 11:00 Brunch-12:00	Aerobics -10:00 Field trip rock hunting- 10:00-3:00	Commodities-10:00 Aerobics-11:00 Na-11:45	Aerobics – 10:00 Meditation-11:00 Manicure day w Vanessa Collage-1:00-2:00	Aerobics-10:00 Hot lunch 12:00 Movies	
9	10 Aerobics-10:00 Meditation-10:30 Brunch-12:00	11 Aerobics-10:00 soup kitchen-11:45 Crafts w/ Connie-1:00	12 Holiday Milestones Closed	13 Aerobics-10:00 Valentines party 12:00	14 Aerobics-10:00 Hot lunch 12:00 Movies	15
16	17 Holiday Milestones Closed	18 Aerobics-10:00 soup kitchen-11:45 Crafts w/ Connie-1:00	19 Commodities -10:00 Aerobics-11:00 Na-11:45	20 Aerobics-10:00 Meditation-11:00 Manicure day w Vanessa Collage-1:00-2:00	21 Aerobics-10:00 Hot lunch 12:00 Movies	22
23	24 Aerobics-10:00 Meditation-10:30 Brunch-12:00	25 Aerobics-10:00 soup kitchen-11:45 Crafts w/ Connie-1:00	26 Commodities -10:00 Aerobics-11:00 Na-11:45	27 Aerobics-10:00 Meditation-11:00 Manicure day w Vanessa Collage-1:00-2:00	28 Aerobics-10:00 Hot lunch 12:00 Movies	29