



FEBRUARY

fit and active

FIT AND FALL-PROOF Improve flexibility in these classes. Free.

• **TAI CHI** Learn the Chinese exercise. Free, but donations accepted.

• **GENTLE YOGA** Learn the practices and discipline of yoga. \$5 per session.

• **ART CLASSES** Organized by Teton Arts. \$10 per session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>MASSAGES On Feb. 9. Call or text Heather Stewart at (208) 313-5525 for appointments.</p>		Gentle Yoga, 9:30 a.m.	Intermediate Tai Chi, 9 a.m. Beginners Tai Chi, 10 a.m.
			1	2
Fit and Fall-Proof, 9:30 a.m.	Intermediate Tai Chi, 9 a.m. Beginners Tai Chi, 10 a.m.	Fit and Fall-Proof, 9:30 a.m. Art class: Let's Explore Color!, 1-2:30 p.m., \$10	Gentle Yoga, 9:30 a.m. TABLETOP FUN (CARD GAMES AND BINGO), 1-3 p.m.	Intermediate Tai Chi, 9 a.m. Beginners Tai Chi, 10 a.m. Massages (see note above)
5	6	7	8	9
Fit and Fall-Proof, 9:30 a.m.	Intermediate Tai Chi, 9 a.m. Beginners Tai Chi, 10 a.m.	Fit and Fall-Proof, 9:30 a.m. Art class: Let's Explore Color!, 1-2:30 p.m., \$10 VALENTINE'S LUNCHEON	Gentle Yoga, 9:30 a.m. Foot Care Clinic, 11:30 a.m. SENIOR-BUDDY DAY, 1-2:30 p.m.	Intermediate Tai Chi, 9 a.m. Beginners Tai Chi, 10 a.m.
12	13	14	15	16
Fit and Fall-Proof, 9:30 a.m.	Intermediate Tai Chi, 9 a.m. Beginners Tai Chi, 10 a.m.	Fit and Fall-Proof, 9:30 a.m. Art class: Create With Clay!, 1-2:30 p.m. at Teton Arts building, \$10	Gentle Yoga, 9:30 a.m. CARD-MAKING CLASS with Mary McGowan, 1 p.m., \$5	Intermediate Tai Chi, 9 a.m. Beginners Tai Chi, 10 a.m.
PRESIDENTS' DAY 19	20	21	22	23
Fit and Fall-Proof, 9:30 a.m.	Intermediate Tai Chi, 9 a.m. Beginners Tai Chi, 10 a.m.	Fit and Fall-Proof, 9:30 a.m. Art class: Create With Clay!, 1-2:30 p.m. at Teton Arts building, \$10	<p>TABLETOP FUN Join us for cards, games and bingo from 1 to 3 p.m. Feb. 8.</p>	
26	27	28		