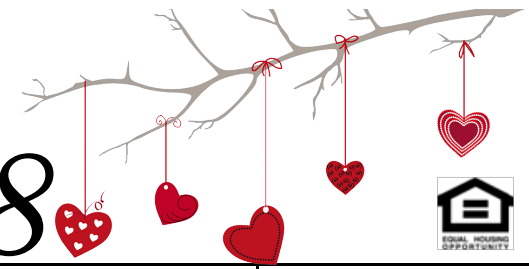



BHA Resident Center
807 West Avenue I

February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4:00 p.m. STRIVE	2	3
4	5	6 4:00 p.m. STRIVE 5:30 p.m. House-keeping Workshop	7 10:00 a.m. Agrilife "A Taste of African Heritage" at Rose Hall	8 4:00 p.m. STRIVE	9	10
11	12 2:00 p.m. 1st Atlantic B/P Checks - Medication Management 3:00 p.m. Bingo 5:30 p.m. Nutrition Class - "Special Ingredient Series: Potatoes!"	13 4:00 p.m. STRIVE	14 Wear Red Day 	15 4:00 p.m. STRIVE	16	17
18	19	20 4:00 p.m. STRIVE	21 3:00 p.m. Eat Smart, Live Strong - "Eat Smart, Spend Less"	22 5:30 p.m. The African American Kitchen at Rose Hall	23	24
25	26 2:00 p.m. Kindred Hospice - Heart & Hypertension 3:00 p.m. Bingo with 1st Atlantic & B/P Checks	27 4:00 p.m. STRIVE	28 10:00 a.m. Agrilife "A Taste of African Heritage" at Rose Hall	Recurring Activities Mon, Wed 1:00 - 2:30 p.m. Computer Class Tues, Thurs 4:00 - 5:00 p.m. STRIVE Visit our website at www.cthc.org for all resident activities.		