

February 2025 Quebec Lunch Plus 828-862-4466 1846 Rosman Hwy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Mobile Library 1st Wednesday 10-12					df	1	
2	Sara K 3 AARP Fall Prevention	Bingo 4 	Chet 5 DSS Heart Month	Pat Koval 6 Four Seasons Introduction	Jesus 7 Heart Healthy Chair Ex	8 2nd Thursday BOL Food 2:30-4Pm	
9	10 Fire Dept BP checks	Bingo 11 	12 Fire Dept Health	Ale 13 Devoted Health	14 Alignment Health- Heart Party	15	
16	Craft 17 	Bingo 18 	Ronnie 19 Music and Sing a long 	Mary 20 Chair Yoga	Erin 21 Food Jeopardy	22 Hunger Coalition 4th Thursday 2:30-4PM	
23	Kimberly 24 EMS BP checks	Bingo 25 	Megan 26 Vaya Health	Marsha 27  Music and Sing a long	Corn Hole 28 		
Happy Birthday Dorene H 19th Altha Mae B 24th	Happy Birthday Martha O 10th	WNC Source 828.884.8855 Transport 828.884.3230 Kathy 706.831.2521 BOL=Bread of Life				 wncsource Older Adult Services Empowering people, transforming lives	