



FEBRUARY 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
				<u>AICA is closed</u>	<u>AICA is closed</u>	Creative Conversations for Youth <u>Cancelled</u>
4	5	6	7	8	9	10
		Chair Yoga 4:00-5:00 Level 1 Yoga 5:30-6:30 Brotherhood 7:00-8:00	Gentle Yoga 10:00-11:00 Student & Family Support by appt. After School at AICA 4:00-6:00	Chair Massages w/ Blue Sky 4:00-6:30 (appointments only)		Creative Conversations for Youth 10:00-12:00
11	12	13	14	15	16	17
	Monday Wellness Series 6:00-8:00	Chair Yoga 4:00-5:00 Level 1 Yoga 5:30-6:30 Brotherhood 7:00-8:00	Gentle Yoga 10:00-11:00 Student & Family Support by appt. After School at AICA 4:00-6:00 ♥♥♥♥♥♥♥♥♥♥	Stockbox Pickup 1:00-2:00 <i>Intro. to Pilates 4:30-5:15</i> <i>Restorative Yoga 6:00-7:30</i>	Reiki Sessions 12:00 & 1:30 (appointments only)	Creative Conversations for Youth 10:00-12:00
18	19	20	21	22	23	24
	<u>AICA is closed</u> NO Yin Yoga this month.	Chair Yoga 4:00-5:00 Level 1 Yoga 5:30-6:30 Brotherhood 7:00-8:00	Gentle Yoga 10:00-11:00 Student & Family Support by appt. After School at AICA 4:00-6:00		Self-Care Series 12:00-2:00	Creative Conversations for Youth 10:00-12:00 Raised Beadwork 10:00-2:00
25	26	27	28	29		
	Monday Wellness Series 6:00-8:00	Chair Yoga 4:00-5:00 Level 1 Yoga 5:30-6:30 Brotherhood 7:00-8:00	Gentle Yoga 10:00-11:00 Student & Family Support by appt. After School at AICA 4:00-6:00			

***This calendar is subject to change. Please check our website and app to stay up to date on our events!**

