

February

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	8AM Chair Yoga TEAMS or in Mt Mazama	3	4	Cooking Class Apple Pie Oatmeal Hooties in the Dow Center starts 10am	Weekend Activity	7
8	9	8AM Yoga for Back Pain 12pm Mt Mazama All are Welcome	11	Cooking Class My Marinara Sauce (taste fresh marinara) 2pm in Cornett Hall by the Student Break Room	Weekend Activity	14
15	16	FREE Shallow Water Aerobics Class at the Klamath County YMCA 6:45-7:45pm	18	FREE Line Dance Class for Beginners. 12pm and 6pm in Bailey/Theilsen Time to Kick UP Your Heals	Weekend Activity	21
22	Wall Pilates 12PM in Sunset or via TEAMS. Yes, you can do it in your office or Res Hall Room	24	Safe Spring Break Fair Learn where you can ski, camp, hike, 4-wheel drive ETC. Come and talk to people from BLM, Forest Service, Park Service etc 11AM -2:30 in CU	Ai Chi Class It's like Tai Chi, but in the water. Helps with sleep. 8-9pm YMCA of Klamath County	Weekend Activity	28