



# FEBRUARY | 2026

## Joe Rhoads Senior Center-Corydon Activities

Joe Rhoads Senior Center  
123 S. Mulberry St.  
Corydon, IN 47112  
Rick Haines, Site Mgr. 812-738-7603

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tai Chi for Arthritis 10:15 AM	3 Lunch Chat 10:00-12:00PM	4 Bingo w/ Harrison Springs 12:30 PM	5 Lunch Chat 10:00-12:00PM	6 Tai Chi for Arthritis 10:15 AM
9 Tai Chi for Arthritis 10:15 AM	10 Peas and Carrots Nutrition Education 11:30 AM	11 Urinary Incontinence w/ P.T. Jessica 11:30 AM	12 Feel Good Bingo 11:00 AM	13 Tai Chi for Arthritis 10:15 AM
16 Tai Chi for Arthritis 10:15 AM	17 Lunch Chat 10:00-12:00PM	18 B/P Checks w/ Health Dept. 11:00 AM & Bingo w/ Irma 12:30 PM	19 Nutrition Education 11:00 AM	20 Tai Chi for Arthritis 10:15 AM
23 Lunch Chat 10:00-12:00PM	24 Healthy Heart Awareness 11:00 AM	25 Physical Therapy w/ HCH 11:00 AM	26 Lunch Chat 10:00-12:00PM	27 Tai Chi for Arthritis 10:15 AM



### Congregate Meal Site

### *Healthy Heart Awareness Month*

*Notes:*

**Lunch Served M-F @ 11:30 AM**  
**Reservations Required w/ Week Notice**