

THE SENIOR CENTER CALENDAR – FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEGINNING FEBRUARY 4 THE SENIOR CENTER WILL OFFER <u>EXTENDED HOURS</u> ON <u>MONDAYS</u>: 7:30 a.m. – 5:00 p.m.	<u>DAILY EVENTS:</u> Billiards Table Tennis Board Games Playing Cards Bocce Ball Walking Trail Horseshoes Exercise Equip. Shuffleboard Computer Lab TV Available Coupon Room Newspaper Magazines	<u>8:30 a.m. – 5:00 p.m.</u> Conversation Medical Equipment Chair Fitness Videos Public Transportation Stop	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> For Additional Information Call 287-6409 </div>	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise 1:00 Wii FUN WEAR RED DAY IN SUPPORT OF WOMEN'S HEART DISEASE
4 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise	5 9:00 Needlework 10:00-11:00 Computer Class 10:00 Yoga 10:30 VALENTINE CRAFTS w/ LAVADA WALL	6 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 10:30 BLACK HISTORY TRIVIA 12:30 Oil Art Group 12:30 Slow-moving Exercise	7 9:00 Needlework 10:30 PEN PALS 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 1:00 TABLE TENNIS	8 8:45 Aerobics 9:00 SilverStriders 10:00 SENIOR GAMES COMMITTEE MEETING 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise 1:00 Wii FUN
11 8:45 Aerobics 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise	12 9:00 Needlework 10:00-11:00 Computer Class 10:00 Yoga 10:30 “LIVING A HEALTHIER LIFE” – CAROLINA CHIROPRACTIC PLUS 1:00 DIABETIC SUPPORT GROUP	13 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 10:30 “GIFT BAG” BINGO 12:30 Oil Art Group 12:30 Slow-moving Exercise	14 8:30 – 11:15 VALENTINE SCAVENGER HUNT 9:00 Needlework 12:00 – 4:00 Bridge 	15 8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 10:30 BOOK CLUB 12:30 Slow-moving Exercise 7 – 10 p.m. VALENTINE’S DANCE
18 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 10:30 RECIPE CLUB 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise	19 9:00 Needlework 10:00-11:00 Computer Class 10:00 Yoga 10:30 PRESIDENT’S DAY TRIVIA 1:00 Wii FUN 5:15 MEET & EAT CLUB – WEST END GRILL, FOREST CITY	20 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 9:30 TEA PARTY 10:00 Line Dancing 11:15 CHAIR EXERCISE 12:30 Oil Art Group 12:30 Slow-moving Exercise	21 9:00 Needlework 10:30 “HOT WATER” ACTIVITY 12:00 – 4:00 Bridge 1:00 TABLE TENNIS	22 8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 10:30 MEET THE STAFF 12:30 Slow-moving Exercise
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 10:30 THE ANGEL BAND MUSICAL PERFORMANCE 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise 25	9:00 Needlework 10:00-11:00 Computer Class 10:00 Yoga 10:30 “HEART HEALTH HABITS”- RUTHERFORD REGIONAL WEAR BLACK DAY 26	8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 10:30 BIRDFEEDER CRAFTS w/LAVADA WALL 11:15 CHAIR EXERCISE 12:30 Oil Art Group 12:30 Slow-moving Exercise 27	9:00 Needlework 10:30 ‘SENIOR’ Pictionary FUN 11:30 BIRTHDAY CELEBRATION 12:00 – 4:00 Bridge 1:00 TABLE TENNIS 28	TAX PREPARATION APPOINTMENTS AVAILABLE THURSDAYS & FRIDAYS (FEB. 1 – APR. 12) (SEE FRONT RECEPTIONIST OR CALL 287-6409 TO SCHEDULE)

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