

# FEBRUARY 2017

SENIOR CENTER HOURS: MONDAY-FRIDAY 8:30am-4:00pm  
SATURDAY & SUNDAY Closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		<b>1</b> 10am Yoga 11:10am Restorative Yoga TRIP: Puppet Heroines	<b>2</b> 9:30 Resistance Training 12pm Lunch & Learn: Back Pain 12:45pm Bridge 1pm Rummikub 1pm Chess Taxes by appt.	<b>3</b> 10am Yoga 10am Wii Bowling Tourney 10am Games Galore	<b>4</b>
					<b>5</b> 1pm Soup Wars
<b>6</b> 10am Bingo 12pm Canasta Foot Doctor (by appt)	<b>7</b> 9:30am Mah Jongg 10am Tuesday Tidbits: Elder Law 1pm Depression Poker Taxes by appt.	<b>8</b> 10am Yoga 10am Brain Gang TRIP: Saturday Night Fever	<b>9</b> 9:30am Resistance Training 10:30am Memory Café 12:45pm Bridge 1pm Rummikub 1pm Chess Taxes by appt. TRIP: Drake Hotel	<b>10</b> 10am Yoga 10am Games Galore TRIP: Wine and Watercolors	<b>11</b>
					<b>12</b>
<b>13</b> 9am Medicare Help Desk (by appt) 9am Relationship Btwn. Hearing Loss & Memory 10am Bingo 12pm Canasta	<b>14</b> 9:30am Mah Jongg 1pm Valentine Bunco 1pm Depression Poker Taxes by appt.	<b>15</b> 10am Yoga 10am News and Views 11:10 am Sound Healing TRIP: Carmen	<b>16</b> 9:30am Resistance Training 12:45pm Bridge 1pm Rummikub 1pm Chess Taxes by appt. TRIP: Shop and Play	<b>17</b> 10am Yoga 10am Games Galore 11am Fancy Free Presentation	<b>18</b>
					<b>19</b>
<b>20</b> 10am Bingo 11am Blood Pressure Check 12pm Canasta TRIP: A Happy, Healthy Heart	<b>21</b> 9:30am Mah Jongg 1pm Depression Poker Taxes by appt.	<b>22</b> 10am Yoga 11:30am Lunch and Learn: Living in Retirement TRIP: Book of Joseph	<b>23</b> 9:30am Resistance Training 10am Video Legacy Story 12:45pm Bridge 1pm Rummikub 1pm Chess Taxes by appt.	<b>24</b> 10am Yoga 10am Games Galore 1pm Oscar Movie	<b>25</b>
					<b>26</b> 11:30am Sunday Fun-Day
<b>27</b> 10am Bingo 12pm Canasta	<b>28</b> 9:30am Mah Jongg 1pm History of US Coins 1pm Depression Poker Taxes by appt. TRIP: Wonder in My Soul				