

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 No Callanetics 12:00 Lunch 1:00 Card making 1:00 Living w/Chronic Conditions	2 10:00 Sitting Pilates 10:00 TOPS Club 11:00 Ladderball 12:00 Lunch 1:00 Spanish Class	3 9:45 Stretch & Strength 10:30 Nutrition Class 11:00 Wii Games 12:00 Lunch 1:00 Bingo 8:00 Dance
6 10:00 Resistance Bands Exercise 11:00 Board Games 11:30 Blood Pressure Clinic 12:00 Lunch 1:00 Movie & Popcorn "Dolphin Tale"	7 10:00 Tech Tuesday 11:00 Line Dancing 12:00 Lunch 1:00 Bingo 1:00 Massage Therapy	8 10:00 Games & Puzzles 10:30 Callanetics 11:00 Creative Writing 12:00 Lunch 1:00 Living w/Chronic Conditions 1:00 Book Club	9 10:00 Easy Light Weights 10:00 TOPS Club 11:00 Ladderball 12:00 Lunch 1:00 Spanish Class	10 9:45 Chair Yoga 10:30 Nutrition Class 11:00 Wii Games 12:00 Lunch 1:00 Bingo 8:00 Dance
13 10:00 Stretch & Strength 11:00 Sing along 12:00 Lunch 1:00 Quilting	14 10:00 Tech Tuesday 11:00 Line Dancing 12:00 Couples Guessing Game 12:00 Lunch 1:00 Bingo 1:00 Massage Therapy	15 10:30 Callanetics 11:00 Creative Writing 12:00 Lunch 1:00 Learn to put quilts together	16 10:00 Wii Tennis 10:00 TOPS Club 11:00 Ladderball 12:00 Lunch 1:00 Spanish Class	17 9:45 Easy Light Weights 10:30 Nutrition Class 11:00 Wii Games 12:00 Lunch 1:00 Bingo 8:00 Dance
20  Center Closed for Presidents Day	21 10:00 Tech Tuesday 11:00 Line Dancing 12:00 Lunch 1:00 Bingo 1:00 Massage Therapy	22 No Callanetics 10:00 Creative Writing 11:00 Sing along 12:00 Lunch	23 10:00 Games & Puzzles 10:00 TOPS Club 11:00 Ladderball 12:00 Lunch 1:00 Spanish Class	24 9:45 Core Fitness 10:30 Nutrition Class 11:00 Wii Games 12:00 Lunch 1:00 Bingo 8:00 Dance
27 10:00 Board Games 11:00 Sing Along 11:30 Blood Pressure Clinic 12:00 Lunch 1:00 Movie & Popcorn "Cowboys & Aliens"	28 10:00 Tech Tuesday 11:00 Line Dancing 12:00 Lunch 1:00 Bingo 1:00 Massage Therapy	29 10:30 Callanetics 11:00 Creative Writing 12:00 Lunch 1:00 Learn to put quilts together		

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**FOR RESERVATIONS CALL 789-2169**

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**