

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 8:10 Cardio, Core & More 8:30 Massage 9:10 Exercise w/purpose 10:45 Tai Chi 11:45 Arth Tai Chi 10:00 Board Meeting 3:30 Park Hill School 4:00 Yoga	2 8:00 Wii 8:10 Weight/Strength 8:30 Massage 9:00 Tappercise 10:00 Tap 11:00 Advance Tap 9:10 Fitness & Flexibility 10:00 Energy Assistance Program 10:30 Blood Pressure ✓ 11:00 Hearing Aid ✓ 11:30 Covered Dish 12:15 Not Worthy 1:00 Joy of Singing 3:00 Line Dance	3 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 1:00 Watercolor / Acrylic Painting 1:00 Card Class	4	
5	6 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 9:30 Diabetes Review 10:45 Tai Chi 11:45 Arth Tai Chi 12:30 Reader's Theater 1:00 Inspiring Women	7 8:10 Weight/Strength 9:10 Fitness & Flexibility 9:30 Bingo 1:00 Wii Tournament 1:00 Beginning Bridge 2:00 Walking with Ease 4:00 Restorative Yoga 5:00 Line Dance	8 8:10 Cardio, Core & More 8:15 Life Line Screening 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles No Tai Chi No Arth Tai Chi 4:00 Yoga	9 8:00 Wii 8:10 Weight/Strength 9:00 Tappercise 8:30 Massage 9:10 Fitness & Flexibility 10:00 Bible Study 10:00 Tap 11:00 Advance Tap 10:45 Steel Magnolias 1:00 Joy of Singing 3:00 Line Dance	10 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Living with low vision 1:00 Watercolor / Acrylic Painting	11	
12	13 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 9:30 Diabetes Review 10:00 Alzheimer's 10:45 Tai Chi 11:45 Arth Tai Chi	14 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Taking Care of Business 1:00 Wii Tournament 1:00 Beginning Bridge 2:00 Walking with Ease 4:00 Restorative Yoga No Line Dance 5:00 Valentine Party	15 8:10 Cardio, Core & More 8:30 Massage 9:00 Blood Pressure ✓ 9:10 Exercise w/purpose 9:15 Senior Wednesday 9:30 Bingo 10:45 Tai Chi 11:45 Arth Tai Chi 1:00 Cash in with Coupons 4:00 Yoga	16 8:00 Wii 8:10 Weight/Strength 9:00 Tappercise 8:30 Massage 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:00 Bible Study 1:00 Joy of Singing 2:00 Birthday & Anniversary Celebration No Line Dance No Jam Session	17 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Headbands 12:30 Women's Fair 1:00 Watercolor / Acrylic Painting	18 7:00 - 10:00 am Biscuit & Gravy Breakfast	
19	20 Center Closed	21 7:30 Foot Care 8:10 Weight/Strength 9:10 Fitness & Flexibility 12:00 Friendship Club 1:00 Wii Tournament 1:00 Beginning Bridge 4:00 Restorative Yoga 5:00 Line Dance 7:00 Community Dance Fold Newsletter	22 8:10 Cardio, Core & More 8:30 Massage 9:10 Exercise w/purpose 10:00 Hooks & Needles 10:45 Tai Chi 11:45 Arth Tai Chi 4:00 Yoga	23 8:00 Wii 8:10 Weight/Strength 9:00 Tappercise 8:30 Massage 9:10 Fitness & Flexibility 10:00 Tap 11:00 Advance Tap 10:00 Bible Study 1:00 Joy of Singing 3:00 Line Dance	24 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 10:00 Headbands 1:00 Watercolor / Acrylic Painting	25	
26	27 8:10 Cardio, Core & More 9:10 Exercise w/ purpose 9:30 Diabetic Review 10:45 Tai Chi 11:45 Arth Tai Chi 12:30 Reader's Theater Sign-ups	28 8:10 Weight/Strength 9:10 Fitness & Flexibility 10:00 Amedisys Hospice 1:00 Senior Employment 1:00 Wii 1:00 Beginning Bridge 4:00 Restorative Yoga 5:00 Line Dance 6:00 Bunco Babes	29 8:10 Cardio, Core & More 8:30 Massage 9:10 Exercise w/purpose 10:45 Tai Chi 11:45 Arth Tai Chi 4:00 Yoga				