

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:00 Stretch & More 10:45 Tai Chi 11:45 Arth Tai Chi 12:30 Readers Meeting 1:00 Presidents Wives	2 8:30 Foot Care 8:30 Weight/Strength No Fitness & Flexibility 9:30 Bingo 1:00 Wii 4:00 Restorative Yoga 5:30 Line Dance	3 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:00 Hooks & Needles 10:45 Tai Chi 11:45 ArthTai Chi 12:30 Weight Watchers 1:00 Board Meeting 4:00 Yoga	4 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 10:00 Long Term Care 3:00 Line Dancing	5 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:30 Blood Pressure ✓ 11:30 Covered Dish 12:15 Cooper Elementary	6
7	8 8:10 Cardio, Core & More 8:30 Foot Care 9:00 Exercise w/ purpose 10:00 Stretch & More 10:45 Tai Chi 11:45 Arth Tai Chi 11:00 Mystery Lunch 12:30 Readers Meeting	9 8:30 Weight/Strength 9:30 Fitness & Flexibility 10:00 Taking Care of Business 1:00 Wii 2:00 Eyeglass ✓ 4:00 Restorative Yoga 5:30 Line Dance	10 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 12:30 Tuskegee Airmen 12:30 Weight Watchers 4:00 Yoga	11 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap No Line Dancing 5:00 Valentine Party	12 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 12:30 Women's Fair	13
14	15 Center Closed	16 8:30 Weight/Strength 9:30 Fitness & Flexibility 1:00 Wii 3:00 Friendship Club 4:00 Restorative Yoga 5:30 Line Dance Fold Newsletter	17 No Cardio, Core & More 8:30 Massage 8:30 Exercise w/purpose 9:30 Bingo 10:00 Hooks & Needles 10:45 Tai Chi 11:45 ArthTai Chi 12:30 Revitalizing your Recipes 12:30 Weight Watchers 2:00 Living on Limited Budget 4:00 Yoga	18 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 10:45 The Brain Tune Up 2:00 GeoCaching 3:00 Line Dancing	19 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:30 Blood Pressure ✓ 11:30 Birthday& Anniv 12:15 Melodears	20 7:00—10:00 am Biscuit & Gravy Breakfast
21	22 8:10 Cardio, Core & More 8:30 Foot Care 9:00 Exercise w/ purpose 10:00 Stretch & More 10:45 Tai Chi 11:45 Arthritis Tai Chi 12:30 Readers Meeting 2:00 Sweetheart Memories Sign-ups	23 8:30 Weight/Strength 9:00 Shingle Information 9:30 Fitness & Flexibility 1:00 Wii Horseshoe Tournament 1:00 Senior Employment 4:00 Restorative Yoga 5:30 Line Dance	24 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 12:30 Weight Watchers 4:00 Yoga	25 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 10:45 All Shook Up 3:00 Line Dancing	26 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 12:00 Pool Tournament	27
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