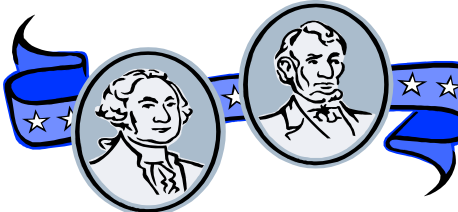





February 2012



Monday	Tuesday	Wednesday	Thursday	Friday				
<p>Room Codes:</p> <p>Activity Room A AA Craft Room CR Activity Room B AB Dance Room DN Art Room AT Dining Area DA Billiard Room B Health Room HR Card Room CD Lounge L Classroom 1 C1 Music Room MU Classroom 2 C2 Terrace T Classroom 3 C3 Waiting Lounge WL Classroom 4 C4</p>	<p>Future Network Deadlines:</p> <p>April February 16 May March 16 June April 16 July May 16</p>	<p>9:00 Four Season Craft-CR 9:00 Nuts&Bolts-C4 9:30 Drawing/Col Pencil-AT 9:30 Women's Pool-B 9:30 Aerobics-AA&B 10:30 Slimnastics -AA&B 10:30 Fall Prevention-HR 11:00 Int. Dig. Photo-C4 11-12 Blood Pressure - C1 11:30 Cardio Tap-DN</p> <p>12:00 Nutrition Lunch - DA 12:30 Yoga II-HR 1</p>	<p>9:00 Stained Glass - AT 9-12 Duplicate Bridge - CD 9:30 Knitting-C3 9:30 Chair Exercise-AB 9:30 Beg./Cont.Yoga -AA 9:30 Dance 4 Fun&Fit-DN 10:00 Band Stretching-C2 10-2:30 Piano-MU 10-1:30 Massage Therapy- HR 10:00 Aviation History-C4 10:30 Strength/Tone-CR 10:45 Wii-L 10:45 Beg. Tai Chi-AB 11:00 Osteo Fun-C2 11:00 Yoga Plus-AA 2</p>	<p>9:00 Recorder Consort- MU 9:00 Open Cards - CD 9:00 Ping Pong-HR 9:30 Aerobics-AA&B 9:30 Current Events - C4 9:30 Topics of Interest - C2 10:00 Blue Cross/Blue Shield-CR 10:30 Slimnastics-AA&B 10:30 Floor Exercise-DN 11:00 News & Views-L</p> <p>12:00 Super Bowl Lunch - DA 12:00 Music Combo - MU 1:00 Cont. Calligraphy-AT 1:00 Chair Yoga-DN 1:00 Bridge Club - CD 1:30 Reader's Theatre - MU</p>				
<p>9:15 Yoga II-HR 9:30 Comm Srv-CR 9:30 Acrylic/Oil-AT 9:30 Aerobics-AA&B 9:30 Needlework - C1 9:30 Quilt Class-C4 10:00 Country Line-DN 10:00 Art History-C2 10:30 Senior Moments-L 10:30 Slimnastics-AA&B 10:30 Bridge Review - CD 10:30 Strength 4 Men-C3 6</p>	<p>11:00 Voice Lessons-MU 12:00 Nutrition Lunch - DA 12:30 Quilt Club - C4 12:30 Beg. Country Line-DN 12:30 Acrylic/Oil- AT 12:45 Open Cards - CD 1:00 Ping Pong-AA 1:00 Fit&Sit-AB 1:00 Tune-ups-HR 1:00 Canasta - CD 1:00 Dominoes - C1 2:15 Pilates-DN 6</p>	<p>9:00 Woodcarving - AT 9:00 Upholstery-C4 9:30 Poets&Playwrights-MU 9:30 Beg./Cont Yoga-AA 9:30 Aerobics-AB 9:30 Knitting Club - WL 9:30 Look Thru Papers - C1 10:30 Super Tap-DN 10:30 Beg. Bridge - CD 10:45 Beg. Tai Chi-AB 11:00 Osteo Fun-HR 11:30 Jazz Exercise-DN 7</p>	<p>12:00 Nutrition Lunch - DA 12:30 Chi Kung-AB 12:30 Kettles of Fun-HR 12:30 Chess Group - C2 12:30 Euchre-CD 12:30 Mah Jongg-CD 12:45 Game-L 12:45 Open Cards - CD 1:00 Poets&Playwrights-MU 1:30 Int.Tai Chi - DN 1:30 Guitar-C1 2:00 Network in Aging-C4 7</p>	<p>9-5 AARP Drive Safe-C2 9:30 Drawing/Col Pencil-AT 9:30 Women's Pool-B 9:30 Aerobics-AA&B 10:30 Slimnastics -AA&B 10:30 Fall Prevention-HR 11-12 Blood Pressure - C1 11:30 Cardio Tap-DN</p> <p>12:00 Nutrition Lunch - DA 12:30 Yoga II-HR 8</p>	<p>12:30 Jazz Line-DN 12:30 Comm Srv-C1 12:30 Amherst Singers-MU 12:45 Pinochle Club - CD 12:45 Memory Works-CR 12:45 Wii-L 1:00 Fit& Sit-AB 1:30 Super Jazz-DN 2:45 Beg. Yoga/Wed-AB 6:00 Body Sculpt-DN 6:45 Evening Yoga-MU 8</p>	<p>9:00 Stained Glass - AT 9-12 Duplicate Bridge - CD 9:00 Brochure Mailing-HR 9:30 Chair Exercise-AB 9:30 Beg./Cont.Yoga -AA 9:30 Dance 4 Fun&Fit-DN 10:00 Band Stretching-C2 10-2:30 Piano-MU 10:00 Aviation History-C4 10:30 Strength/Tone-CR 10:30 Boot Camp for Aging-L 10:45 Beg. Tai Chi-AB 11:00 Osteo Fun-C2 11:00 Yoga Plus-AA 9</p>	<p>11:00 Vision Support-WL 11:00 Ballroom Dance-DN 11-12 Blood Pressure -C1 12:00 Nutrition Lunch - DA 12:30 Chi Kung I -AB 12:30 Zoomfit-DN 12:30 Scrabble - CD 12:45 Open Cards - CD 1:00 Bingo - CR 1:00 Cribbage - CD 1:00 Stained Glass - AT 1:30 Int./Adv.Tai Chi - DN 9</p>	<p>9:00 Recorder Consort- MU 9:00 Open Cards - CD 9:00 Ping Pong-HR 9:30 Aerobics-AA&B 9:30 Current Events - C4 9:30 Topics of Interest - C2 10:30 Slimnastics-AA&B 10:30 Floor Exercise-DN 10:45 Wii-L</p> <p>12:00 Nutrition Lunch - DA 12:00 Music Combo - MU 12:45 Movie <i>Dolphin Tale-AA</i> 1:00 Cont. Calligraphy-AT 1:00 Chair Yoga-DN 1:00 Bridge Club - CD 1:30 Reader's Theatre - MU 10</p>
<p>9:15 Yoga II-HR 9:30 Comm Srv-CR 9:30 Acrylic/Oil-AT 9:30 Aerobics-AA&B 9:30 Needlework - C1 9:30 Quilt Class-C4 10:00 Art History-C2 10:00 Country Line-DN 10:30 Senior Moments-L 10:30 Bridge Review - CD 10:30 Strength 4 Men-C3 11:00 Voice Lessons-MU 12:00 Nutrition Lunch - DA 13</p>	<p>12:30 Quilt Club - C4 12:30 Acrylic/Oil- AT 12:30 Beg. Country Line-DN 12:45 Open Cards - CD 12:45 Meet & Greet-AA 1:00 Fit&Sit-AB 1:00 Tune-ups-HR 1:00 Canasta - CD 1:00 Dominoes - C1 2:15 Pilates-DN 13</p>	<p>9:00 Woodcarving - AT 9:00 Upholstery-C4 9:30 Poets&Playwrights-MU 9:30 Look Thru Papers - C1 9:30 Beg./Cont Yoga-AA 9:30 Aerobics-AB 9:30 Knitting Club - WL 10:30 Super Tap-DN 10:30 Beg. Bridge - CD 10:45 Beg. Tai Chi-AB 11:00 Osteo Fun-HR 11:30 Jazz Exercise-DN 14</p>	<p>12:00 Valentine Lunch-DA 12:30 Chi Kung-AB 12:30 Kettles of Fun-HR 12:30 Chess Group - C2 12:30 Euchre-CD 12:30 Mah Jongg-CD 12:45 Open Cards - CD 1:00 Poets&Playwrights-MU 1:00 Camera Club-C4 1:30 Int. Tai Chi - DN 1:30 Guitar-C1 14</p>	<p>9:30 Drawing/Col Pencil-AT 9:30 Rep Council-CR 9:30 Women's Pool-B 9:30 Aerobics-AA&B 10:30 Fall Prevention-HR 11:00 Ask Handyman-L 11-12 Blood Pressure - C1 11:30 Cardio Tap-DN 11:30-4 Network in Aging-AA</p> <p>12:00 Nutrition Lunch - DA 12:30 Yoga II-HR 15</p>	<p>12:30 Jazz Line-DN 12:30 Comm Srv-C1 12:30 Amherst Singers-MU 12:45 Wii-L 12:45 Pinochle Club - CD 12:45 Memory Works-CR 1:00 Fit& Sit-AB 1:00 Caregiver Support-WL 1:30 Super Jazz-DN 2:45 Beg. Yoga/Wed-AB 6:00 Body Sculpt-DN 6:45 Evening Yoga-MU 15</p>	<p>9:00 Stained Glass - AT 9-12 Duplicate Bridge - CD 9:30 Chair Exercise-AB 9:30 Beg./Cont.Yoga -AA 9:30 Dance 4 Fun&Fit-DN 10:00 Band Stretching-C2 10-2:30 Piano-MU 10:00 Aviation History-C4 10:00 Book Review-Conf 10-1:30 Massage Therapy-HR 10:30 Strength/Tone-CR 10:30 Boot Camp for Aging-L 10:45 Beg. Tai Chi-AB 11:00 Osteo Fun-C2 16</p>	<p>11:00 Yoga Plus-AA 11:00 Ballroom Dance-DN 11-12 Blood Pressure -C1 12:00 Nutrition Lunch - DA 12:30 Chi Kung I -AB 12:30 Zoomfit-DN 12:30 Scrabble - CD 12:45 Open Cards - CD 1:00 Bingo - CR 1:00 Cribbage - CD 1:00 Stained Glass - AT 1:30 Int./Adv.Tai Chi - DN 16</p>	<p>9:00 Recorder Consort- MU 9:00 Open Cards - CD 9:00 Ping Pong-HR 9:30 Aerobics-AA&B 9:30 Current Events - C4 9:30 Topics of Interest - C2 10:30 Floor Exercise-DN 11:00 Moments to Remember-L</p> <p>12:00 Presidents Day Lunch - DA 12:00 Music Combo - MU 12:45 Presidential Trivia-L 1:00 Cont. Calligraphy-AT 1:00 Chair Yoga-DN 1:00 Bridge Club - CD 1:30 Reader's Theatre- MU 17</p>
<p> Presidents' Day—Center Closed 20</p>	<p>9:00 Woodcarving - AT 9:30 Poets&Playwrights-MU 9:30 Look Thru Papers - C1 9:30 Beg./Cont Yoga-AA 9:30 Aerobics-AB 9:30 Acrylic/Oil-CR 9:30 Knitting Club - WL 10:30 Super Tap-DN 10:30 Beg. Bridge - CD 10:45 Beg. Tai Chi-AB 11:00 Osteo Fun-HR 11:30 Jazz Exercise-DN 21</p>	<p>12:00 Fat Tuesday Lunch - DA 12:30 Acrylic/Oil-CR 12:30 Kettles of Fun-HR 12:30 Chess Group - C2 12:30 Euchre-CD 12:30 Mah Jongg-CD 12:45 Open Cards - CD 1:00 Poets&Playwrights-MU 1:00 Travel Club -AA 1:30 Int.Tai Chi - DN 1:30 Guitar-C1 21</p>	<p>9:30 Drawing/Col Pencil-AT 9:30 Women's Pool-B 9:30 Aerobics-AA&B 10:30 Slimnastics -AA&B 10:30 Fall Prevention-HR 11:00 Fitness & Health with Heart Disease-L 11-12 Blood Pressure - C1 11:30 Cardio Tap-DN</p> <p>12:00 Nutrition Lunch - DA 12:30 Yoga II-HR 22</p>	<p>12:30 Jazz Line-DN 12:30 Comm Srv-C1 12:30 Amherst Singers-MU 12:45 Pinochle Club - CD 12:45 Memory Works-CR 1:00 Fit& Sit-AB 1:30 Super Jazz-DN 2:00 MVP Health Care-C2 2:45 Beg. Yoga/Wed-AB 6:00 Body Sculpt-DN 6:30 Camera Club-AA 6:45 Evening Yoga-MU 22</p>	<p>9:00 Stained Glass - AT 9-12 Duplicate Bridge - CD 9:30 Knitting-C3 9:30 Chair Exercise-AB 9:30 Beg./Cont.Yoga -AA 9:30 Dance 4 Fun&Fit-DN 10:00 Band Stretching-C2 10:00 Aviation History-C4 10-1:30 Massage Therapy- HR 10:30 Strength/Tone-CR 10:45 Beg. Tai Chi-AB 11:00 Osteo Fun-C2 11:00 Yoga Plus-AA 11:00 Ballroom Dance-DN 23</p>	<p>11:00 News & Views-L 11-12 Blood Pressure -C1 12:00 Nutrition Lunch - DN 12:30 Zoomfit-DN 12:30 Scrabble - CD 12:30 Mailing Prep-C2 12:45 Movie <i>Money Ball</i> -AA 12:45 Open Cards - CD 1:00 Bingo - CR 1:00 Cribbage - CD 1:00 Stained Glass - AT 1:30 Int./Adv.Tai Chi - DN 23</p>	<p>9:00 Recorder Consort - MU 9:00 Open Cards - CD 9:00 Ping Pong-HR 9:30 Aerobics-AA&B 9:30 Current Events - C4 9:30 Topics of Interest - C2 10:30 Slimnastics-AA&B 10:30 Floor Exercise-DN 10:45 Wii-L</p> <p>12:00 Academy Awards Lunch - DA 12:00 Music Combo - MU 12:45 Games-L 1:00 Cont. Calligraphy-AT 1:00 Chair Yoga-DN 1:00 Bridge Club - CD 1:30 Reader's Theatre- MU 24</p>	
<p>9:15 Yoga II-HR 9:30 Comm Srv-CR 9:30 Acrylic/Oil-AT 9:30 Aerobics-AA&B 9:30 Needlework - C1 9:30 Quilt Class-C4 10:00 Art History-C2 10:00 Country Line-DN 10:30 Slimnastics-AA&B 10:30 Senior Moments-L 10:30 Bridge Review - CD 10:30 Strength 4 Men-C3 11:00 Voice Lessons-MU 27</p>	<p>12:00 Nutrition Lunch - DA 12:30 Quilt Club - C4 12:30 Acrylic/Oil- AT 12:30 Beg. Country Line-DN 12:30 Mailing-C2 12:45 Open Cards - CD 1:00 Fit&Sit-AB 1:00 Ping Pong-AA 1:00 Tune-ups-HR 1:00 Canasta - CD 1:00 Dominoes - C1 2:15 Pilates-DN 27</p>	<p>9:00 Woodcarving - AT 9:00 Upholstery-C4 9:30 Poets&Playwrights-MU 9:30 Beg./Cont. Yoga-AA 9:30 Aerobics-AB 9:30 Knitting Club - WL 9:30 Look Thru Papers - C1 10:30 Super Tap-DN 10:30 Beg. Bridge - CD 10:45 Beg. Tai Chi-AB 11:00 Veterans Discussion-C2 11:00 Osteo Fun-HR 28</p>	<p>11:30 Jazz Exercise-DN 12:00 Nutrition Lunch - DA 12:30 Chi Kung Sess II-AB 12:30 Kettles of Fun-HR 12:30 Chess Group - C2 12:30 Euchre-CD 12:30 Mah Jongg-CD 12:45 Open Cards - CD 12:45 Wii-L 1:00 Poets&Playwrights-MU 1:30 Int.Tai Chi - DN 28</p>	<p>9-5 AARP Drive Safe-C2 9:30 Women's Pool-B 9:30 Aerobics-AA&B 10:30 Slimnastics -AA&B 10:30 Diabetes-L 10:30 Fall Prevention-HR 11-12 Blood Pressure - C1 11:30 Cardio Tap-DN</p> <p>12:00 Nutrition Lunch - DA 12:30 Yoga II-HR 12:30 Jazz Line-DN 12:30 Comm Srv-C1 12:30 Amherst Singers-MU 12:45 Pinochle Club - CD 12:45 Memory Works-CR 1:00 Fit& Sit-AB 1:30 Super Jazz-DN 2:45 Beg. Yoga/Wed-AB 6:00 Body Sculpt-DN 6:45 Evening Yoga-MU 29</p>	<p>The Senior Center will NOT be an AARP tax site this season.</p>	<p> FISH FRY DINNER Friday, March 9 3:00 - 6:30 p.m. Eat in or take out. Pre Sale tickets-\$10.00.</p>		