




# February

			1 Thursday	2 Friday
			09:30a Chorus 09:30a Keep Well Clinic 09:30a Yoga 10:30a Spanish Conversation 12:30p Bridge 01:00p German Conversation 01:00p SHINE 02:00p iPhone/iPad/1 on 1 03:30p Strength Training	09:30a Bowling/ 09:30a Exercise 10:30a Gentle Yoga 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 03:00p Dance Fever
5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday
09:00a Tax Appointments 09:30a Exercise 10:30a Tai Chi 11:30a Eating Together 01:00p Chocolate Fest/Whole Foods 01:00p Mah Jong 01:00p Portuguese Conversation	09:00a Meditation & Mindfulness 09:45a Yoga 10:00a Italian Conversation 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 01:30p Grief & Loss 03:20 Strength Training	09:00a Tax Appointments 09:00a Art 09:30a Exercise 10:00a Cribbage 10:30a Tai Chi 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 03:00p Gentle Yoga	09:00a Manicures 09:30a Chorus 09:30a Yoga 10:30a Spanish Conversation 11:00a Memory Cafe 11:00a Memory Café/Caregivers Journey 12:30p Bridge 01:00p German Conversation 01:00p SHINE 02:00p iPhone/iPad/1 on 1 03:30p Strength Training	08:45a Coffee with Judy Manzo 09:00a Tax Appointments 09:30a Bowling 09:30a Exercise 10:30a GentleYoga 10:30a Food Management 10:45a Science & Technology 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 03:00p Dance Fever
11 Sunday				
1:00 Bridge				
12	13	14	15	16
09:00a Tax Appointments 09:30a Exercise 10:30a TaiCh 10:30a WinPower Presentation 10:45a Knitting 11:30a Eating Together 12:30p Movies/ <i>Annie Hall</i> 01:00p Mah Jongg 01:00p Portuguese Conversations	09:00a Meditation & Mindfulness 09:45a Yoga 10:00a Italian Conversation 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 01:30p Grief & Loss 03:20p Strength Training	09:00a Tax Appointments 09:00a Art 09:30a Exercise 10:00a Cribbage 10:30a TaiChi 10:45a French Conversation 11:30a Eating Together 11:30a Library Online 01:00p Valentines Day Dance 01:30p Poetry Group 03:00p Gentle Yoga	09:30a Chorus 09:30a Yoga 10:30a Spanish Conversation 11:00aMemory Cafe/Caregivers Support 11:30a Literary Lunch 12:30p Bridge 01:00p German Conversation 01:00p SHINE 02:00p iPhone/iPad/1 on 1 03:30p Strength Training	09:00a Tax Appointments 09:30a Bowling 09:30a Exercise 10:30a GentleYoga 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 03:00p Dance Fever
				17 Saturday
				08:00a Daytona Beach Trip
19	20	21	22	23
<b>CENTER CLOSED</b> <b>PRESIDENTS DAY</b> 	09:00a Meditation & Mindfulness 09:15a WSA Board Meeting 09:45a Yoga 10:00a Italian Conversation 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 01:30p Grief & Loss 03:20p Strength Training	09:00a Tax Appointments 09:00a Art 09:30a Exercise 10:00a Cribbage 10:30a TaiChi 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 02:00p Nutrition 03:00p Gentle Yoga	09:00a Manicures 09:00a Newsletter Mailing 09:30a Chorus 09:30a Yoga 10:30a Spanish Conversation 11:00a Caregivers Support Group 12:30p Bridge 01:00p German Conversation 01:00p SHINE 02:00p iPhone/iPad/1 On 1 03:30p Strength Training	09:00a Tax Appointments 09:30a Bowling 09:30a Exercise 10:30a GentleYoga 10:45a Science and Technology 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 03:00p Dance Fever
26	27	28	 	
09:00a Tax Appointments 09:30a Exercise 10:30a TaiChi 10:45a Knitting 11:30a Eating Together 12:30p Movies/ <i>Manhattan</i> 01:00p Mah Jongg 01:00p Portuguese Conversations	09:00a Meditation 09:45a Yoga 10:00a Italian Conversation 10:30a Dr. Vartan Aghababian Music of the Renaissance 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 01:30p Grief & Loss 03:20p Strength Training	09:00a Tax Appointments 09:00a Art 09:30a Exercise 10:00a Cribbage 10:30a TaiChi 10:45a French Conversation 11:00a Coffee and Books 11:30a Eating Together 01:00p Wellness Panel 01:30p Poetry Group 03:00p Gentle Yoga		