

## Senior Activities for February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE THE FOLLOWING: 1. Movie information on page 10 of Sharing Tree 2. NO INDOOR WALKING on Feb. 12, 21 & 28 3. Outdoor Walking is scheduled for 8:30 am on Thursday mornings. 4. Wii Bowling will be on Thursdays at 1:00 pm 5. No Creative Crafters program this month.				<b>1 <span style="color: red;">Wear Red!</span></b> <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Current Issue CF 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	<b>2</b> <u>RM</u> 9:00 Co-ed Billiards B 9:00 Open Computer C 9:00 Dance Practice E 9:30 Open Studio AC 10:00 Quilts of Valor's <i>National Sew Day</i> A/AB 12:00 Movie SA
<b>4</b> <u>RM</u> 9:00 AARP Tax Aide C 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:30 Low Impact Cardio Dance Fitness E 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AA/AB 1:00 Co-ed Billiards B 1:00 Movie SA 1:30 Tai Chi Intro CB 2:00 Open Computer C	<b>5</b> <u>RM</u> 9:00 Open Computer C 9:00 Co-ed Billiards B 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 Lunch CA 12:15 Indoor Walking CB 12:30 Canasta AB 1:00 Pinochle AA 1:00 Stretchercize E 5:30 Computer Assistance C 5:30 Lifelong Learning SA 5:30 Pickleball CA/CB 5:30 Open Computer C	<b>6</b> <u>RM</u> 9:00 AARP Tax Aide C 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Aging Mastery AC 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Bereavement Support A 2:00 Open Computer C	<b>7</b> <u>RM</u> 9:00 Co-ed Billiards B 9:00 AARP Tax Aide C 9:00 Intermediate Italian AC 9:30 Friendship Circle SA 9:30 Registration CA 10:00 Advanced Italian AC 10:00 Setback AA/AB 10:15 Intermediate Line Dance E 11:45 Beginners Line Dance E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Stretchercize E 1:30 Mac/iPad 1:1 Assistance CF 5:30 Movie SA 5:30 Open Computer C 5:30 Coloring For Stress Relief AC 6:00 Tai Chi CB 6:00 Mahjongg AB	<b>8</b> <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:30 Girl Talk SA 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	<b>9</b> <u>RM</u> 9:00 Co-ed Billiards B 9:00 Open Computer C 9:00 Dance Practice E 9:30 Watercolor Class AC 12:00 Movie SA
<b>11</b> <u>RM</u> 9:00 AARP Tax Aide C 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:30 Low Impact Cardio Dance Fitness E 11:15 <i>Carbone's Prime</i> 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AA/AB 1:00 Co-ed Billiards B 1:00 Movie SA 1:30 Tai Chi Intro CB 2:00 Open Computer C	<b>12</b> <u>RM</u> 9:30 Friendship Circle SA 10:00 Rummikub AA 12:00 <i>Valentine Luncheon</i> CA 12:30 Canasta AB 1:00 Pinochle AA 1:00 Stretchercize E 1:30 Chess AC 3:15 Techy Teens AB 5:30 Pickleball CA/CB 5:30 Open Computer C	<b>13</b> <u>RM</u> 9:00 AARP Tax Aide C 9:00 Men's Billiards B 9:30 Friendship Circle SA 10:00 <i>Buckland Mall</i> 10:00 Aging Mastery AC 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 12:30 <i>Be aware of your surroundings</i> CA 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Open Computer C	<b>14</b> <u>RM</u> 8:40 Foot Clinic HR 9:00 Co-ed Billiards B 9:00 AARP Tax Aide C 9:00 Intermediate Italian AC 9:30 Friendship Circle SA 10:00 Advanced Italian AC 10:00 Setback AA/AB 10:15 Intermediate Line Dance E 11:45 Beginners Line Dance E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Stretchercize E 1:30 Mac/iPad 1:1 Assistance CF 5:30 Movie SA 5:30 Open Computer C 5:30 Coloring For Stress Relief AC 6:00 Tai Chi CB 6:00 Mahjongg AB	<b>15</b> <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Current Issue CF 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	<b>16</b> <u>RM</u> 9:00 Co-ed Billiards B 9:00 Open Computer C 9:00 Dance Practice E 9:30 Open Studio AC 12:00 Movie SA
<b>18</b> <p style="text-align: center; font-size: 1.2em;"><b>CLOSED</b> Presidents Day</p>	<b>19</b> <u>RM</u> 9:30 Friendship Circle SA 10:00 Rummikub AA 11:00 <i>University St. Joseph</i> 11:45 Lunch CA 12:15 Indoor Walking CB 12:30 Canasta AB 1:00 Chess AC 1:00 Pinochle AA 1:00 Stretchercize E 5:30 Pickleball CA/CB 5:30 Lifelong Learning SA The Great Courses: "Music and the Brain" 5:30 Open Computer C	<b>20</b> <u>RM</u> 9:00 AARP Tax Aide C 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Aging Mastery AC 11:00 Powerful Aging E 11:45 Lunch CA 12:15 <i>What's Happening in The Community</i> CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Bereavement Support SA 2:00 Open Computer C	<b>21</b> <u>RM</u> 8:30 AARP Smart Driver CB 9:00 AARP Tax Aide C 9:00 Co-ed Billiards B 9:00 Intermediate Italian AC 9:30 Friendship Circle SA 10:00 Advanced Italian AC 10:00 Setback AA/AB 10:15 Intermediate Line Dance E 10:30 Book Discussion CF 11:45 Beginners Line Dance E 11:45 Lunch CA 1:00 Stretchercize E 1:30 Mac/iPad 1:1 Assistance CF 5:30 Movie SA 5:30 Open Computer C 5:30 Coloring For Stress Relief AC 6:00 Mahjongg AB 6:00 Tai Chi CB	<b>22</b> <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 <i>CT Flower Show</i> 10:00 Low Vision Group SA 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	<b>23</b> <u>RM</u> 9:00 Co-ed Billiards B 9:00 Open Computer C 9:00 Dance Practice E 9:30 Watercolor Class AC 12:00 Movie SA 12:00 The BIG Sing CACB
<b>25</b> <u>RM</u> 8:40 Foot Clinic HR 9:00 AARP Tax Aide C 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:30 Low Impact Cardio Dance Fitness E 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AA/AB 1:00 Co-ed Billiards B 1:00 Movie SA 1:30 Tai Chi Intro CB 2:00 Open Computer C	<b>26</b> <u>RM</u> 8:40 Foot Clinic HR 9:00 Open Computer C 9:30 Friendship Circle SA 10:00 Rummikub AA 11:15 <i>Saybrook Fish House</i> 11:45 Lunch CA 12:15 Indoor Walking CB 12:30 Canasta AB 1:00 Pinochle AA 1:00 Stretchercize E 1:30 Chess AC 5:30 Pickleball CA/CB 5:30 Lifelong Learning SA The Great Courses: "Music and the Brain" 5:30 Open Computer C	<b>27</b> <u>RM</u> 9:00 AARP Tax Aide C 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Aging Mastery AC 10:45 <i>Long Wharf Theater</i> 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Open Computer C	<b>28</b> <u>RM</u> 9:00 AARP Tax Aide C 9:00 Co-ed Billiards B 9:00 Intermediate Italian AC 9:30 Friendship Circle SA 10:00 Advanced Italian AC 10:00 Setback AA/AB 10:15 Intermediate Line Dance E 11:45 Lunch CA 12:30 <i>New Zealand Video</i> CB 1:00 Stretchercize E 1:30 Mac/iPad 1:1 Assistance CF 5:30 Movie SA 5:30 Open Computer C 5:30 Coloring For Stress Relief AC 6:00 Mahjongg AB 6:00 Tai Chi CB	<b>ROOM KEY</b> AA Activity Room A AB Activity Room B C Computer Room E Exercise Room CB Community Rm B CA Community Rm A CF Conference Room WS Workshop Room AC Arts & Craft Room SA Special Activity Rm B Billiards Room HR Health Room	