

Monday	Tuesday	Wednesday	Thursday	Friday
	Caregivers' Group Meeting Saturday, February 7 at 10:00		*indicates pre-registration \$ indicates fees and pre-registration required Lunch requires reservation	 White Elephant Live Auction Saturday, February 21 At 1:00
9-1:00 Tax-Aide* 9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Hot Dog Bingo\$ 3:00 Cornhole	2 8:30 Men's Breakfast* 9:00 Yoga\$, 9:00 Foot Reflexology\$ 9:30 Walkers: 9:30 Stitch by Stitch Quilting 10:00 Tai Chi/Qigong \$ 12:00 Lunch\$, 12:00 Women's Pool 1:00 Cards n Games, 1:00 Mah Jongg, 1:00 Tech Help by appt* 1:30 Crafts with Danielle* 1:30 Investment Club, 2:00 Men's Pool 2:30 Line Dancing\$	3 9:00 Blood Pressure Screening 9:30 Zumba\$ 10:00 Art Class\$, 10:00 Sit 'n Stitch 11:00 Bodies in Motion 11:00 Bronx Club* 12:00 Lunch\$ 12:30 Sittercise, 12:30 HHQ Quilters, 1:00 Cards n Games 1:00 Tech Help by Appt.* 1:30 Marian Anderson talk* 3:00 Serenity Circle, 5:15 Yoga\$	4 9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 COA/ Registrar office hours * 10:00 Blood Pressure Screening* 11:00 Bodies in Motion 12:00 Bob Ketcham Memoriam 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta, 3:00 Cornhole	5 9:00 Spanish* 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance 11:00 Garden Club at Diner, 1:00 Chair Yoga\$, 1:00 Fair Crafts 1:00 Movie: The Great Escaper
9-1:00 Tax-Aide* 9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Wheel of Fortune* 1:00 Mah Jongg 3:00 Cornhole	9 9:00 Yoga\$, 9:30 Quilting, 10 10:00 Tai Chi/Qigong\$, 10:30 Walker's Club Meeting 12:00 Lunch\$, 12:00 Women's Pool 1:00 Mah Jongg, 1:00 Tech Help by appt.* 1:00 Origami w/ Dirk* 1:30 Investment Club, 2:00 Men's Pool	11 9:00 Blood Pressure Screening 9:30 Zumba\$ 10:00 Art Class\$, 10:00 Sit 'n Stitch 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games, 1:00 Tech Help.* 1:30 Massage\$ 5:15 Yoga\$	12 9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Blood Pressure Screening* 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Valentine's Party* 1:00 Canasta, 3:00 Cornhole	13 9:00 Spanish* 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 NO Free Form Dance* 12:00 Cooking with Puti* 12:30 mRange – Valentine music 1:00 Chair Yoga\$, 1:00 Fair Crafts 1:00 Movie: An Affair To Remember
CLOSED IN OBSERVANCE OF PRESIDENTS DAY 	16 9:00 Yoga\$, 9:30 Walkers 9:30 StitchXStitch Quilting, 10:00 Tai Chi/Qigong\$, 12:00 Lunch\$, Jen's Scam Patrol 12:00 Women's Pool 1:00 Cards n Games 1:00 Mah Jongg 1:00 Tech Help by Appt* 1:00 RedHat Lunch\$ 1:00 Mardi Gras Mask Making* 1:30 Investment Club, 2:00 Men's Pool 2:30 Line Dancing\$	17 9:00 Blood Pressure Screening 9:30 Zumba\$, 10:00 Art Class\$ 10:00 Sit n St'itch, 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games, 1:00 Tech Help by Appt.* 3:00 Friend's Meeting 5:15 Yoga\$	18 9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Blood Pressure Screening* 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta	19 9:00 Spanish* 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance* 1:00 Chair Yoga\$, 1:00 Fair Crafts 1:00 Movie: Hyde Park on the Hudson
9-1:00 Tax-Aide* 9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Intuitive Readings\$ 1:00 Wheel of Fortune* 1:00 Mah Jongg 3:00 Cornhole	23 9:00 Yoga\$, 9:00 Foot Reflexology\$ 9:30 Walkers: 9:30 Quilting, 10:00 Tai Chi/Qigong\$ 12:00 Lunch\$, 12:00 Women's Pool, 1:00 Mah Jongg, 1:00 Cards n Games, , 1:00 Tech Help* 1:30 Investment Club, 2:00 Men's Pool 7:30 COA Meeting	24 9:00 Blood Pressure Screening 9:30 Zumba\$ 10:00 Art Class\$, 10:00 Sit 'n Stitch 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 Sittercise,, 12:30 Bereavement 12:30 HHQ Quilters, 1:00 Cards /Games 1:00 Tech Help.* 1:30 Massages\$, 2:00 Bunco* 2:00 Overnight Trips Presentation* 5:15 Yoga\$	25 9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Blood Pressure Screening* 11:00 Bodies in Motion 11:00 Women's Book Club\$ 12:00 Lunch\$ 1:00 Cards n Games	26 9:00 Spanish* 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance* 1:00 Chair Yoga\$, 1:00 Fair Crafts 1:00 Movie: Bob Trevino Likes It