




# February 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Blue text</b> = New events <b>Red text</b> = Exercise Programs</p> </div>		<p>1 <i>10AM Balance Training with Frank</i> 2PM Armchair Travels 7PM Cribbage Club</p>	<p>2 <i>10AM Seated Stretch</i> 2PM Team Trivia 4PM Mah Jong</p>	<p>3 9:30AM Coffee &amp; Donuts <b>10AM John Goglia Londonderry Senior Resource</b> 2PM Pictionary</p>	<p>4 2PM Bingo  4PM Book Club</p>
 <div style="border: 1px solid red; padding: 5px; text-align: center; color: blue;"> <p>1st NFL</p> </div> <p>Check Community Board for details!</p>	<p>6 10AM Guided Imagery 2PM You Be the Judge 3PM Movie</p>	<p>7 <i>10:45AM Workout with Lisa</i> <b>2PM Tech Tuesdays with Prof. John Watkins</b> 3PM Knitting Club</p>	<p>8 <i>10AM Balance Training with Frank</i> 2PM Armchair Travels <b>6PM Baptist Service</b> 7PM Cribbage Club</p>	<p>9 <i>10AM Basic Yoga</i> 2PM Team Trivia <b>3PM Flower Crafts with Rosa</b> 4PM Mah Jong</p>	<p>10 9:30AM Coffee &amp; Donuts <b>10AM Veteran's Club with Dave</b> <u>NEW</u> 2PM Charades! 7PM Movie Time</p>	<p>11 2PM Bingo</p>
<p>12  <u>NEW</u> 1PM Scrabble Club</p>	<p>13 <b>10:30AM Ceramics with Terry!</b> 2PM Live History Chat: Lincoln - what you</p>	<p>14 <i>10AM Balance Training with Frank</i>  2PM Valentines Day Party with live Music by  3PM Knitting Club</p>	<p>15 <i>10AM Philippine Stick Exercises</i>  2PM Health/Fitness Q&amp;A With Frank  7PM Cribbage Club</p>	<p>16 <i>10AM Seated Stretch</i>  2PM Guest Speaker Series: Suzanne O'Gara Remembering Friends-Grief &amp; Loss</p>	<p>17 9:30AM Coffee &amp; Donuts 2PM Pictionary 7PM Movie Time</p>	<p>18 2PM Bingo</p>
<p>19 1PM Scrabble Club</p>	<p>20 <i>10AM Walking Club</i> 2PM You Be the Judge 3PM Movie</p>	<p>21 <i>10:45AM Gym time with Lisa</i> <b>2PM Tech Tuesdays with Prof. John Watkins</b> 3PM Knitting Club</p>	<p>22 <i>10AM Philippine Stick Exercises</i> <b>2PM Monthly B-Day Party !</b> 7PM Cribbage Club</p>	<p>23 <i>10AM Basic Yoga</i> 2PM Team Trivia 4PM Mah Jong</p>	<p>24 9:30AM Coffee &amp; Donuts 2PM Charades 7PM Movie Time</p>	<p>25 2PM Bingo</p>
<p>26 1PM Scrabble Club</p>	<p>27 <i>10AM Walking Club</i> 2PM You Be the Judge 3PM Movie</p>	<p>28 <i>10AM Boxing Therapy Workout</i> <u>NEW</u> 2PM Classic TV the "Dean Martin Roasts" 3PM Knitting Club 4PM Nutritious</p>	<div style="border: 1px solid black; padding: 10px;"> <p><b>Program is subject to occasional &amp; unforeseen changes. Changes will be posted in lighted board in lobby next to</b></p> </div>			