

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>8:45-9:45 Tai C hi 9-12- Pool Cues 10 Beginner French 10 Line Dance (pre-register) 11:45- Lunch - Chicken Cordon Bleu Roast Beef/Cheese 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">2</p> <p>9-10- Aerobics 9-10- Beginning Spanish (suspended) 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish (suspended) 11:45- Lunch Salisbury Steak Egg Salad 1 Bingo 1 - Movie/discussion Group 1:30 Swing Band Groundhog Day</p>	<p style="text-align: right;">3</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 - Fine Art Studio 9-10:30 Chamber Music 10 Book Club 11:45- Lunch- American Chop Suey Seafood Salad Vic King- piano 1 Movie -"Inglorious Bastards" 1 Duplicate Bridge 1- SHINE pre-reg ister</p>	<p style="text-align: right;">4</p> <p>8:55-9:55 Line Dance (pre-register) 10- Knitting 10:05- Current Events/ Speakers 10:30- Mandarin Chinese 11:45-12:45 Tai-Chi 11:45- Lunch - Roast Pork Tuna Salad 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">5</p> <p>9-12- Health Clinic 10-11 Japanese 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Breaded Fish Turkey& Cheese Harold Kaswell- piano 12- Chess Nuts 12-2 Legal Appointments 1-3:30 Drop-in Computer Help 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1- FABB Center pre-reg. Wii</p>
<p style="text-align: right;">8</p> <p>8:45-9:45 Tai C hi 9-12- Pool Cues 10 Beginner French 10-11:30 Low Vision Group 10 Line Dance (pre-register) 11:45- Lunch - Turkey/Broccoli/Penne Egg Salad 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">9</p> <p>9-10- Aerobics 9-10- Beginning Spanish (suspended) 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish (suspended) 11:45- Lunch Macaroni/Cheese 1 Bingo 1 - Movie/discussion Group 1:30 Swing Band</p>	<p style="text-align: right;">10</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 - Fine Art Studio 9-10:30 Chamber Music 10 Book Club (snow date) 11:45- Lunch- Meatloaf Seafood Salad Vic King- piano 1 Movie -"My Sister's Keeper" 1 "Learn to SKYPE!!" 1 Duplicate Bridge 1- SHINE pre-register</p>	<p style="text-align: right;">11</p> <p>8:55-9:55 Line Dance II (pre-register) 10- Knitting 10:05- Current Events/ Speakers 10:30- Mandarin Chinese 11:45-12:45 Tai-Chi 11:45- Lunch - Chicken SPECIAL 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">12</p> <p>9-12- Health Clinic 10-11 Japanese 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- VALENTINE'S DAY PARTY <i>Pizza & More!</i> <i>(See page 1)</i> 12- Chess Nuts 1-3:30 Drop-in Computer Help 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center-pre-reg. Wii</p>
<p style="text-align: center;">15</p> <p style="text-align: center;">CENTER CLOSED FOR PRESIDENT'S DAY HOLIDAY</p>	<p style="text-align: right;">16</p> <p>9-10- Aerobics 9-10- Beginning Spanish (suspended) 10-11:30 Bridge Lessons 10-1 Census Table for Info. 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish (suspended) 11:45- Lunch Chicken Marsala Breaded Chicken Pattie 1-Bingo 1 - Movie/discussion group 1:30 Swing Band</p>	<p style="text-align: right;">17</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 - Fine Art Studio 9-10:30 Chamber Music 10 Book Club 11:45- Lunch- Pier #17 Fish Egg Salad 1 Movie- " Ghosts of Girlfriends Past" 1- SNAP- Supplemental Nutritional Assistance Program 1- Duplicate Bridge 1- SHINE Ash Wednesday</p>	<p style="text-align: right;">18</p> <p>8:55-9:55 Line Dance (pre-register) 10- Knitting 10 The Doctor is In 10:05- Current Events/Speaker 10-1 Census Table for Info. 10:30- Mandarin Chinese 11:45- Lunch - Hot Dog Turkey Salad Chinese New Year Celebration 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">19</p> <p>9-12- Health Clinic 10-11 Japanese 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Crab Cakes Tuna Salad Harold Kaswell -Piano 12- Chess Nuts 1-3:30 Drop-in Computer Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg Wii</p>
<p style="text-align: right;">22</p> <p>8:30-9 Meet w/ Alderman Stephen Linsky 8:45-9:45 Tai C hi 9-12- Pool Cues 10 Beginner French 10 Line Dance (pre-register) 11:45- Lunch - Stuffed Pepper Turkey /Cheese 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">23</p> <p>9-10- Aerobics 9-10- Beginning Spanish (suspended) 10-3 Driver's Education (pre-register/ pre/pay) 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish (suspended) 11:45- Lunch Pot Roast Chicken Salad 1-Bingo 1 - Movie/discussion Group 1:30 Swing Band</p>	<p style="text-align: right;">24</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 - Fine Art Studio 9-10:30 Chamber Music 10 Book Club(snow date) 11:45- Lunch- Baked Chicken Roast Beef/ Cheese <i>Dialogue w/ Director</i> 1 Movie-" Capitalism: A Love Story" 1- Duplicate Bridge 1- SHINE</p>	<p style="text-align: right;">25</p> <p>8:55-9:55 Line Dance II (pre-register) 10 Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese 11:45- Lunch - Baked Ziti Tuna Salad 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">26</p> <p>9-12- Health Clinic 10-11 Japanese 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Breaded Fish Egg Salad Vic King- piano 12- Chess Nuts 1-3:30 Drop-in Computer Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg Wii</p>

**FEBRUARY
2010**

**Appointments to
get fit on our
Nintendo Wii
resume
February 5!**

**Tap-ercise
Resumes March
3, 1-2pm
Pre-register!**