

# February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 9:00 ESL 10:00 BRIDGE 10:00 BLOOD PRESSURE 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# <b>11:15 LUNCH BUNCH/IHOP \$3</b> 12:00 MEN'S HAIRCUTS\$/MANICURES\$ 1:30 EXERCISE WITH LENORE <b>7:00 CAREGIVERS SUPPORT</b></p>	<p><b>2</b> <b>10:45-11:15 LOTTERY</b> <b>11:30 REGISTRATION***</b> <u>GROCERY SHOP/PATHMARK</u> 9:00 ESL 10:30 SIT &amp; BE FIT 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISE</p>	<p><b>3</b> <b>9:00 TAX PREPARATION</b> 9:00 ESL 9:00 MASSAGE\$ 10:00 SQUARE DANCE 12:00 SIT &amp; BE FIT 12:15 COMPUTER 1:30 EXERCISE WITH LENORE <b>6:30 WEDNESDAY NIGHT BINGO</b></p>	<p><b>4</b> <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:30 TAI CHI 10:45 ART STUDIO <b>1:00 MEMORY MATTERS</b> 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAINING</p>	<p><b>5</b> <b>NO PHOTO ID'S IN FEBRUARY</b> <b>9:00 TAX PREPARATION</b> 9:00 MASSAGE\$ 9:30 YOGA#\$ <b>11:15 RESISTANCE BAND WORKOUT</b> <b>12:15 BANKING</b> 1:00 STITCH &amp; SEW 1:15 EXERCISE WITH LENORE</p>
<p><b>8</b> 9:00 ESL 10:00 BLOOD PRESS./BRIDGE 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# <b>11:15 LUNCH BUN./EDISON DINER\$3</b> 12:00 MEN'S HAIRCUTS\$/MANICURES\$ <b>12:15 SPEAKER: PHYSICAL ACTIVITY AND ARTHRITIS</b> 1:30 EXERCISE WITH LENORE</p>	<p><b>9</b> <u>GROCERY SHOP/PATHMARK/KMART</u> 9:00 ESL 10:30 SIT &amp; BE FIT 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISE</p>	<p><b>10</b> <b>9:00 TAX PREPARATION</b> 9:00 ESL 9:00 MASSAGES\$ 11:00 WOMEN'S HAIRCUTS <b>11:30 CHINESE NEW YEAR LUNCH#\$</b> 12:15 COMPUTER 3:15 REACHING OUT <b>6:30 WEDNESDAY NIGHT BINGO</b></p>	<p><b>11</b> <u>GROCERY SHOP/E.B. SHOP RITE</u>  <b>9:00 TAX PREPARATION</b> 9:00 ESL 10:30 TAI CHI 10:45 ART STUDIO 1:00 MEMORY MATTERS 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAINING</p>	<p><b>12</b>  <b>CENTER CLOSED</b> <b>LINCOLN'S BIRTHDAY</b></p>
<p><b>15</b>  <b>CENTER CLOSED</b> <b>WASHINGTON'S</b> <b>BIRTHDAY</b></p>	<p><b>16</b> <u>GROCERY SHOP/PATHMARK</u> 9:00 ESL 10:30 SIT &amp; BE FIT 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISE</p>	<p><b>17</b> <b>9:00 TAX PREP.</b> 9:00 ESL/MASSAGE\$ 10:00 SQUARE DANCE 11:00 WOMEN'S HAIRCUTS <b>ASH WEDNESDAY BUS TO ST. BART'S</b> 12:00 SIT &amp; BE FIT 12:15 COMPUTER 1:30 EXERCISE WITH LENORE <b>6:30 WEDNESDAY NIGHT BINGO</b></p>	<p><b>18</b> <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:30 TAI CHI 10:45 ART STUDIO <b>11:30 BIRTHDAY CELEBRATION</b> 1:00 MEMORY MATTERS 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAINING</p>	<p><b>19</b> <b>9:00 TAX PREPARATION</b> 9:00 MASSAGE\$ 9:30 YOGA # \$ <b>12:00 GENERAL MEETING</b> 1:00 STITCH &amp; SEW 1:15 EXERCISE WITH LENORE</p>
<p><b>22</b> 9:00 ESL 10:00 BLOOD PRESSURE /BRIDGE 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# 12:00 MEN'S HAIRCUTS \$/MANICURE\$ <b>12:30 SECRET BINGO\$3</b> 1:30 EXERCISE WITH LENORE</p>	<p><b>23</b> <u>GROCERY SHOP/PATHMARK</u> 9:00 ESL <b>9:30 VISITING NURSE</b> 10:30 SIT &amp; BE FIT 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISE</p>	<p><b>24</b> <b>9:00 TAX PREP.</b> 9:00 ESL/MASSAGE\$ <b>9:30 PODIATRIST</b> 10:00 SQUARE DANCE 11:00 WOMEN'S HAIRCUTS <b>10:30 LUNCH BUNCH/MASTORI'S \$3</b> 12:00 SIT &amp; BE FIT 12:15 COMPUTER 1:30 EXERCISE WITH LENORE 3:15 REACHING OUT <b>6:30 WEDNESDAY NIGHT BINGO</b></p>	<p><b>25</b> <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL <b>10:00 HOPE &amp; HEALING</b> 10:30 TAI CHI 10:45 ART STUDIO <b>1:00 MEMORY MATTERS</b> 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAINING</p>	<p><b>26</b> <b>9:00 TAX PREPARATION</b> 9:00 MASSAGE\$ 9:30 YOGA#\$ <b>11:15 LUNCH BUN./OLIVE GARDEN\$3</b> <b>12:15 HERITAGE DAY MEETING</b> 1:00 STITCH &amp; SEW 1:15 EXERCISE WITH LENORE</p>
	<p><b>UNDERLINED - SIGN UP</b> <b># PRE-REGISTRATION REQUIRED</b> <b>\$ FEE REQUIRED</b> <b>*** REGISTER REGISTRATION DAY</b>  <b>EXACT CHANGE PLEASE FOR</b> <b>LUNCH BUNCH - \$3.00 CASH</b></p>	<p><b>WEDNESDAY NIGHT BINGO</b> <b>EVERY WEDNESDAY</b> <b>AT 6:30 P.M.</b> <b>CALL FOR</b> <b>TRANSPORTATION</b></p>		