

# February

# Mon

# Tue

# Wed

# Thu

# Fri

# Instructors

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**AARP  
 TAX SEASON  
 is upon us!  
 Make your  
 appointment soon**

**Every  
 Monday  
 and Friday**



**Monday:  
 PILATES**  
 Gina Pano Baumann  
**ZUMBA  
 and Arthritis Class**  
 Mary Lee Costello

**February 20 Presentation**  
 Our medical team (EMT and Physician Assistant and/or Nurse Practitioner) carries the same equipment and tools as you would find in an urgent care facility -- but we are mobile. Our visit is covered by most insurance plans - especially for seniors (Medicare and

**3**  
 9:30 Bridge  
 10:00 Pilates  
 11:00 Zumba  
 12:15 Arthritis Class  
 12:30 Mahjong

**4**  
 10:00 Line Dancing  
 11:00 Aerobics  
 12:00 Yoga  
 12:15 Canasta  
 1:00 Woodcarving

**5**  
 10:00 Chair Yoga  
 10:30 Watercolor  
 11:15 Body toning  
 12:30 ART GROUP  
 12:30 Bridge

**6**  
 10:00 Current Events Discussion Group  
**12:00 MOVIE DAY  
 JUDY**  
 Bring your own lunch  
 Refreshments will be served

**7**  
 9:00 Flex, Stretch & Strength Chair Exercise  
 10:00 Jazz  
 11:00 Yoga  
 12:00 Knitting  
 1:00 Woodcarving

**Tuesday  
 Line Dancing**  
 Helene Heschle  
**Aerobics**  
 Donna Baccaro  
**YOGA**  
 Margrit Eddy

Advantage HMOs) and is considered an urgent care visit (versus emergency). We are open every day - including nights, weekends and holidays. We do not require any membership, contracts or doctor referral. We are an on-demand service -- you need us -- call us -- we come out.

**10**  
 9:30 Bridge  
 10:00 Pilates  
 11:00 Zumba  
 12:15 Arthritis Class  
 12:30 Mahjong

**11**  
 10:00 Line Dancing  
 11:00 Aerobics  
 12:00 Yoga  
 12:15 Canasta  
 1:00 Woodcarving  
**1:15 Bloodpressure Clinic**

**12**  
 10:00 Chair Yoga  
 10:30 Watercolor  
 11:15 Body toning  
 12:30 ART GROUP  
 12:30 Bridge

**13**  
 10:00 Current Events Discussion Group  
 11:00 Memoir Writing  
**12:00  
 Club Meeting  
 Bingo**

**14**  
 9:00 Flex, Stretch & Strength Chair Exercise  
 10:00 Jazz  
 11:00 Yoga  
 12:00 Knitting  
 1:00 Woodcarving  
Deadline for lunch reservation

**Wednesday:  
 Chair Yoga**  
 Diane Davis  
**Body-toning**  
 Michelle Bufis  
**Watercolor /Acrylics**  
 Peggy Dressel



**17  
 Presidents  
 Day  
 Building  
 closed**

**18  
 10:00 Alzheimer  
 Support Group**  
 10:00 Line Dancing  
 11:00 Aerobics  
 12:00 Yoga  
 12:15 Canasta  
 1:00 Woodcarving

**19  
 10:00 Sr. Advisory  
 Board Meeting**  
 10:00 Chair Yoga  
 10:30 Watercolor  
 11:15 Body toning  
 12:30 ART GROUP  
 12:30 Bridge

**20**  
 10:00 Current Events Discussion Group  
**12:00 Valentines  
 Lunch/ Dance**  
 With Nick DelGiodice  
 Alysin Vogel Presentation

**21**  
 9:00 Flex, Stretch & Strength Chair Exercise  
 10:00 Jazz  
 11:00 Yoga  
 12:00 Knitting  
 1:00 Woodcarving

**Thursday  
 Current Events  
 Discussion**  
 Phil McLewin  
 Every 2nd and 4th  
 Senior Club

**Friday,  
 February 14  
 is the last day  
 to make your  
 lunch  
 reservation.**

**24**  
 9:30 Bridge  
 10:00 Pilates  
 11:00 Zumba  
 12:15 Arthritis Class  
 12:30 Mahjong

**25**  
 10:00 Line Dancing  
 11:00 Aerobics  
**NO Yoga**  
 12:15 Canasta  
 1:00 Woodcarving

**26**  
 10:00 Chair Yoga  
 10:30 Watercolor  
 11:15 Body toning  
 12:30 ART GROUP  
 12:30 Bridge

**27**  
 10:00 Current Events Discussion Group  
 11:00 Memoir Writing  
**12:00  
 Club Meeting  
 Bingo**

**28**  
 9:00 Flex, Stretch & Strength Chair Exercise  
 10:00 Jazz  
 11:00 Yoga  
 12:00 Knitting  
 1:00 Woodcarving

**Friday:  
 Stretch and Flex-  
 Jazz**  
 Donna Baccaro  
**Yoga**  
 MaryAnn Gebhardt