Twin Pines Senior & Community Center ~ February 2017~

Monday	Tuesday	Wednesday	Thursday	Friday
(S) = Activity requires Signing Up ***(R) = Activity requires Registration at Parks & Rec office*** ***(blank) = Activity is drop-in***		**1** 8:45 Strength Training 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	**2** 9:30 Walking Group **9:30** Harmony in Action: Belmont Choir **9:30** Rosen Method Movement (S) 9:30 Canasta **9:30 Diabetes Management (S)** 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie **1:00 Art Group**	**3** 9:30 Chair Yoga with Katherine! 9:30 Mindful Meditation 11:00 Mandarin Conversation 12:30 BINGO
6 9:00 Bread Program **9:00 AARP Tax Assistance** 9:30 Video Aerobics 10:00 Italian Chat 10:00 Spanish Chat **1:00 Book Club (S)** 1:00 Beat Arthritis (R) 2:00 Sit N' Be Fit Video 2:00 French Chat	**7** 9:30 Walking Group **9:00 AARP Smart Driver (S)** **10:00 Chinese Mahjong Class (S)** **10:00 Music Appreciation** 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	**8** 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	**9** 9:30 Walking Group **9:30** Rosen Method Movement (S) 9:30 Canasta **9:30 Diabetes Management (S)** 11:00 Beat Arthritis (R) **11:30 Feb Birthday Lunch (S)** 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie **1:00 Art Group**	**10** **9:00 AARP Smart Driver** 9:30 Chair Yoga with Katherine! 9:30 Mindful Meditation **10:00 Listen up loved ones: End-of-life wishes (S)** 11:00 Mandarin Conversation 1:00 Table Tennis **1:00 Mardi Gras Dance!**
13 9:00 Bread Program **9:00 AARP Tax Assistance** 9:30 Video Aerobics **10:00 Ukulele Sing Along** 10:00 Italian Chat 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 French Chat 2:00 Sit N' Be Fit Video	**14** 9:30 Walking Group **10:00 Chinese Mahjong Class (S)** **10:00 Music Appreciation** 11:30 Lunch Program (S) **12:00 Pedro card game** 12:30 Foreign Film 12:30 Crafts Group 1:00 Sewing & Quilting Group	**15** 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	**16** 9:30 Walking Group **9:30** Rosen Method Movement (S) 9:30 Canasta **9:30 Diabetes Management (S)** **10:30 Color Me Calm (S)** 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie **1:00 Art Group**	**17** 9:30 Chair Yoga with Katherine! 9:30 Mindful Meditation 11:00 Mandarin Conversation 12:30 BINGO
20 ***Center closed for Federal Holiday***	**21** **8:30 Blood Pressure Clinic** 9:30 Walking Group **10:00 Chinese Mahjong Class (S)** **10:00 Senior Club Meeting** **10:00 Music Appreciation** 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	**22** 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie **1:00** Memory Loss Support Group (S)	**23** 9:30 Walking Group **9:30** Rosen Method Movement (S) 9:30 Canasta **9:30 Diabetes Management (S)** 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie **1:00 Art Group**	**24** 9:30 Chair Yoga with Katherine! 9:30 Mindful Meditation 11:00 Mandarin Conversation **1:00 Where Will Retirement Income Come From?** 1:00 Table Tennis
27 9:00 Bread Program **9:00 AARP Tax Assistance** 9:30 Video Aerobics **10:00** Opinion Exchange w/ Jim Dunbar **10:00 Stamp Collectors** 10:00 Italian Chat 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 French Chat **2:30 Laughter Yoga**	**28** 9:30 Walking Group **10:00 Chinese Mahjong Class (S)** **10:00 Music Appreciation** 11:30 Lunch Program (S) **12:00 Pedro card game** 12:30 Foreign Film 12:30 Crafts Group 1:00 Sewing & Quilting Group	****Activities are subject to change. Please call 595-7444 to confirm.***		