

# Senior Center Calendar for February

## Daily Activities and Events for February 2017

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00 Canasta-Card Room 9:00-12 Quilter's Circle-Arts/Crafts 9:00 Silver Sneakers Classic-Grp/Ex 9:45 Silver Sneakers Circuit-Grp/Ex <b>10:00-3:00 "Bob Ross" with Jay Holdway-Arts/Craft Rm</b> 10:30 Active &amp; Healthy Living-Ava Foster With Dominion Senior Living-Cls/Rm - 1 :00 Let's Play Scrabble or Sequence Card Rm 2:00-2:45 LifeFit-Grp/Ex</p>	<p><b>2</b></p> <p>8:00 Silver Sneaker Splash-Country Inn 8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00 Canasta-Card Room <b>9:00-11 :00 Chess-Card Room</b> <b>9:00-2:30 Massage Therapy-Wei/Res</b> <b>9:30-11 :00 Monthly Veterans Meet &amp; Greet Share Time- Cls/Rm</b> 9:30 Rotographic Card Class -Arts/Crafts 10:00-11 :00 Beginner Tai Chi-Grp/Ex <b>10:30-11:30 Ukulele Lessons with Terry Countertermine-Cls/Rm</b> 2:00 Zumba Gold &amp; Tone-Grp/Ex <b>2:00 SALT Meeting at Jonesborough Senior Center -Cls/Rm</b> 2:45 Yogalates Stretch-Grp/Ex &amp; Practice-Grp/Ex 3:30 Ballroom Dancing-Grp/Ex 4:45-5:45 Couples Dance Instruction</p>	<p><b>3</b></p> <p>8:00-6:00 Fitness Room-Downstairs 8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00-2:00 Shuffle Board instruction 9:00 Silver Sneakers Classic-Grp/Ex 9:45 Silver Sneaker Circuit-Grp/Ex 10:00 Bible Study - Cls/Rm 10:00 - Open Craft -Arts/Craft 10:00-12:00 Bridge Club-Card Rm <b>11:30-1:00 "Lunch Bunch" @ One Acre Cafe - Johnson City</b> 11 :00 Fun With Trivia - Cls/Rm 12:00 Let's Play Scrabble or Sequence Card Rm <b>1 :00 Constructing Mats for the Homeless-Arts/Craft</b> Computer Instruction with Amara-call for an appointment - Computer Lab/Cls</p>
<p><b>6</b></p> <p>8:00 Silver Sneaker Splash-Country Inn 8:00-6:00 Shuffle Board -Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00-12 Quilter's Circle-Arts/Crafts 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-4:00 Stitich Therapy-Arts/Crafts 10:00-11 :30 Bunco-Card Rm 10:15 Silver Sneakers Circuit-Grp/Ex 12:30 Home Instead-Dining Rm 2:00 Gentle Yoga-Grp/Ex <b>2:00-4:00 Computer Instruction with Gabe-call 753-4852 for an appointment - Computer Lab/Cls</b> 3:00 Chair Yoga-Grp/Ex</p>	<p><b>7</b></p> <p>8:00-6:00 Play Ping Pong-Downstairs 8:00-6:00 Shuffle Board -Downstairs 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00-11 :00 Blood Pressure &amp; Blood Sugar Checks-Wei/Res <b>9:00-11 :00 Chess-Card Room</b> <b>9:30-10:45 Bible Study with Dava Lee Russell-Cls/Rm</b> 10:00 Billiard Instruction-Rec/Rm 10:00-11 Beginner Tai Chi-Grp/Ex 10:00 - 12:00 Bridge Club-Card Room <b>11 :00-11 :30 Eat Smart Workshop with Cat Jennings-Cls/Rm</b> 1 :00-3:00 Mahjong-Card Room <b>2:00 Bible Study with Tony Smith-"Beatitudes" - Cls/Rm</b> 2:00 Kickboxing Class-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30-4:00 Beginner line Dance -Grp/Ex 4:00-5:15 Line Dancing-Grp/Ex</p>	<p><b>8</b></p> <p>8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00 Canasta-Card Room 9:00-12 Quilter's Circle- Arts/Crafts 9:00 Silver Sneakers Classic-Grp/Ex <b>9:00-10:00 Walgreen's Event- Cls/Rm</b> 9:45 Silver Sneakers Circuit-Grp/Ex 10:30 Active &amp; Healthy Living Cls/Rm-Robin Beals <b>12:00"Main Street" lunch-sign-up required-Dining Rm</b> <b>1 :00 Monthly Volunteer Meeting Dining Rm</b> <b>1 :00 "Common Sense Self Defense" With Renee Keplinger-Cls/Rm</b> 1 :00 Let's Play Scrabble or Sequence Card Rm 2:00-2:45 LifeFit-Grp/Ex</p>	<p><b>9</b></p> <p>8:00 Silver Sneaker Splash-Country Inn 8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00 Canasta-Card Room <b>9:00-11:00 Chess-Card Room</b> <b>9:00-2:00 Shopping at Walmart and Dollar Tree in Elizabethton</b> <b>9:00-2:30 Massage Therapy-Wei/Res</b> 9:30 Rotographic Card Class Arts/Crafts 10:00-11 :00 Beginner Tai Chi-Grp/Ex <b>10:30-11:30 Ukulele Lessons with Terry Countertermine-Cls/Rm</b> <b>12:30-3:00 Let's Go to the Movies</b> <b>1 :00-3:00 Writer's &amp; Poet's Group Cls/Rm</b> 2:00 Zumba Gold &amp; Tone-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30 Ballroom Dancing- Grp/Ex 4:45-5:45 Couples Dance Instruction &amp; Practice-Grp/Ex</p>	<p><b>10</b></p> <p><b>8:00-12:00 Dining Rm closed due to special programming</b> 8:00-6:00 Fitness Room-Downstairs 8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00-2:00 Shuffle Board instruction 9:00 Silver Sneakers Classic-Grp/Ex 9:45 Silver Sneaker Circuit-Grp/Ex 10:00 Bible Study - Cls/Rm 10:00 - Open Craft -Arts/Craft <b>10:00-11:30 Ladies Valentine Tea in the Dining Rm</b> 11 :00 Fun With Trivia - Cls/Rm 12:00 Let's Play Scrabble or Sequence Card Rm Computer Instruction with Amara-call for an appointment - Computer Lab/Cls <b>2:00 Open Keyboard-Arts/Craft</b></p>
<p><b>13</b></p> <p>8:00 Silver Sneaker Splash-Country Inn 8:00-6:00 Shuffle Board -Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00-12 Quilter's Circle-Arts/Crafts 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-4:00 Stitich Therapy-Arts/Crafts 10:00-11 :00 'Going on Medicare' Andrew Price - Cls/Rm 10:00-11 :30 Bunco-Card Rm 10:15 Silver Sneakers Circuit-Grp/Ex 12:30 Bingo-Courtyard Senior Living-Dining Rm 2:00 Gentle Yoga-Grp/Ex <b>2:00-4:00 Computer Instruction with Gabe-call 753-4852 for an appointment - Computer Lab/Cls</b> 3:00 Chair Yoga-Grp/Ex</p>	<p><b>14</b></p> <p>8:00-6:00 Play Ping Pong-Downstairs 8:00-6:00 Shuffle Board -Downstairs 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00-11 :00 Blood Pressure &amp; Blood Sugar Checks-Wei/Res <b>9:00-11:00 Chess-Card Room</b> <b>9:30-10:45 Bible Study with Dava Lee Russell-Cls/Rm</b> 9:30-11 Adult Coloring-Arts/Crafts 10:00 Billiard Instruction-Rec/Rm <b>10:00 Beginning Microsoft Excel with Richard Griffin-Cls/Rm</b> 10:00-11 Beginner Tai Chi-Grp/Ex 10:00 - 12:00 Bridge Club-Card Room <b>11 :00-11 :30 Eat Smart Workshop with Cat Jennings-Cls/Rm</b> 11 :30 - 1 :00 Jewelry Class Chickie Renfro-Cls/Rm <b>12:30 Bingo-Patti Jo Williams-Sun Trust Mortgage - Dining Rm</b> 1 :00-3:00 Mahjong-Card Rm <b>2:00 Bible Study with Tony Smith</b> 2:00 Kickboxing Class-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30-4:00 Beginner line Dance -Grp/Ex 4:00-5:15 Line Dancing-Grp/Ex</p>	<p><b>15</b></p> <p>8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs <b>9:00 Massage Therapy-Wei/Res</b> 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-12 Quilter's Circle Arts/Crafts <b>9:15-10:15 Story Circle with Jules Corriere-Classroom</b> 9:45 Silver Sneakers Circuit-Grp/Ex 10:30 Active &amp; Healthy Living-Nurse Terri -Cls/Rm 1 :00 Let's Play Scrabble or Sequence Card Rm 1 :00 Corn hole game with Staff <b>2:00-2:45 LifeFit-Grp/Ex</b> <b>2:00-4:00 Book Club Meeting-Cls/Rm</b></p>	<p><b>16</b></p> <p>8:00 Silver Sneaker Splash-Country Inn 8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00 Canasta-Card Room <b>9:00-11:00 Chess-Card Room</b> <b>9:00-2:30 Massage Therapy-Wei/Res</b> 9:30 Rotographic Card Class -Arts/Crafts 10:00-11 :00 Beginner Tai Chi-Grp/Ex <b>10:30-11:30 Ukulele Lessons with Terry Countertermine-Cls/Rm</b> 12:30-3:00 Let's Go to the Movies 2:00 Zumba Gold &amp; Tone-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30 Ballroom Dancing-Grp/Ex 4:45-5:45 Couples Dance Instruction &amp; Practice-Grp/Ex</p>	<p><b>17</b></p> <p>8:00-6:00 Fitness Room-Downstairs 8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00-2:00 Shuffle Board instruction 9:00 Silver Sneakers Classic-Grp/Ex 9:45 Silver Sneaker Circuit-Grp/Ex 10:00 Bible Study - Cls/Rm 10:00 - Open Craft -Arts/Craft <b>10:00-11 :30 Hand building with Clay at the McKinney Center</b> 10:00-12:00 Bridge Club-Card Rm <b>10:00-2:00 Not Your Mother's Sewing Guild-Arts/Craft</b> 11 :00 Fun With Trivia - Cls/Rm <b>12:00 Cooking Class with Lydia</b> 12:00 Let's Play Scrabble or Sequence Card Rm Computer Instruction with Amara-call for an appointment - Computer Lab/Cls <b>2:00 Open Keyboard-Arts/Craft</b></p>
<p><b>20</b></p> <p><b>CENTER CLOSED PRESIDENTS DAY</b></p>	<p><b>21</b></p> <p>8:00-6:00 Play Ping Pong-Downstairs 8:00-6:00 Shuffle Board -Downstairs 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00-11 :00 Blood Pressure Checks-Wei/Res <b>9:00-11:00 Chess-Card Room</b> <b>9:30-10:45 Bible Study with Dava Lee Russell-Cls/Rm</b> 10:00 Billiard Instruction-Rec/Rm 10:00-11 Beginner Tai Chi-Grp/Ex 10:00 - 12:00 Bridge Club-Card Room <b>11 :00-11 :30 Eat Smart Workshop with Cat Jennings-Cls/Rm</b> 1 :00-3:00 Mah jong-Card Room <b>2:00 Bible Study with Tony Smith</b> 2:00 Kickboxing Class-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30-4:00 Beginner line Dance -Grp/Ex 4:00-5:15 Line Dancing-Grp/Ex</p>	<p><b>22</b></p> <p>8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-12 Quilter's Circle Arts/Crafts 9:45 Silver Sneakers Circuit-Grp/Ex 10:30 Active &amp; Healthy Living-with Kim Howell of Visiting Angels-Cls/Rm 12:00 Birthday Covered Dish Luncheon 1 :00 Let's Play Scrabble or Sequence Card Rm <b>1 :00-2:00 Come Travel with Me - Ron Zucker "Travel through Ireland Cls/Rm</b> <b>2:00-2:45 LifeFit-Grp/Ex</b></p>	<p><b>23</b></p> <p>8:00 Silver Sneaker Splash-Country Inn 8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00 Canasta-Card Room <b>9:00-11 :00 Chess-Card Room</b> <b>9:00-2:30 Massage Therapy-Wei/Res</b> 9:30 Rotographic Card Class-Arts/Crafts <b>10:00 Online Resources provided by the Washington County Library with Richard Griffin-Cls/Rm</b> 10:00-11 :00 Beginner Tai Chi-Grp/Ex <b>10:30-11:30 Ukulele Lessons with Terry Countertermine-Cls/Rm</b> 1 :00-3:00 Writer's &amp; Poet's Group Cls/Rm 2:00 Zumba Gold &amp; Tone-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30 Ballroom Dancing- Grp/Ex 4:45-5:45 Couples Dance Instruction &amp; Practice-Grp/Ex</p>	<p><b>24</b></p> <p>8:00-6:00 Fitness Room-Downstairs 8:00-6:00 Shuffle Board-Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00-2:00 Shuffle Board instruction 9:00 Silver Sneakers Classic-Grp/Ex 9:45 Silver Sneaker Circuit-Grp/Ex 10:00 Bible Study - Cls/Rm 10:00 - Open Craft -Arts/Craft 10:00-12:00 Bridge Club-Card Rm 11 :00 Fun With Trivia - Cls/Rm 12:00 Let's Play Scrabble or Sequence Card Room Computer Instruction with Amara-call for an appointment - Computer Lab/Cls <b>1 :00 Swaddling Clothes Planning Meeting-Arts/Craft</b>  <b>Fourth Friday Dance 6:30 - 10:00 see pg. 13 for more details.</b></p>
<p><b>27 (Main Street Sign-up) today</b></p> <p>8:00 Silver Sneaker Splash-Country Inn 8:00-6:00 Shuffle Board -Downstairs 8:00-6:00 Play Ping Pong-Downstairs 9:00-12 Quilter's Circle-Arts/Crafts 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex <b>9:00-9:45 Follow-up to the 5Wish program from a Medical Perspective With Dr. Pat Stern &amp; John Moore Cls/Rm</b> 9:00-4:00 Stitich Therapy-Arts/Crafts 10:00-11 :30 Bunco-Card Rm 10:15 Silver Sneakers Circuit-Grp/Ex 12:30 Bingo-Dominion Senior Living-Dining Rm <b>1 :30-2:30 Heritage Alliance-Cls/Rm</b> 2:00 Gentle Yoga-Grp/Ex <b>2:00-4:00 Computer Instruction with Gabe-call 753-4852 for an appointment - Computer Lab/Cls</b> 3:00 Chair Yoga-Grp/Ex</p>	<p><b>28</b></p> <p>8:00-6:00 Play Ping Pong-Downstairs 8:00-6:00 Shuffle Board -Downstairs 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00-11 :00 Blood Pressure &amp; Sugar Checks-Wei/Res 9:00-11 :00 Chess-Card Room <b>9:30-10:45 Bible Study with Dava Lee Russell-Cls/Rm</b> 10:00 Billiard Instruction-Rec/Rm 10:00-11 Beginner Tai Chi-Grp/Ex 10:00 - 12:00 Bridge Club-Card Room 11:00-11 :30 Eat Smart Workshop with Cat Jennings-Cls/Rm 11 :30 - 1 :00 Jewelry Class with Chickie Renfro-Arts/Craft 1 :00-3:00 Mah jong-Card Room 2:00 Bible Study with Tony Smith 2:00 Kickboxing Class-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30-4:00 Beginner line Dance -Grp/Ex 4:00-5:15 Line Dancing-Grp/Ex</p>	<p>Key: Grp/Ex = Group Exercise Room Wei/Res = Wellness Resource Rec/Rm = Recreation Room Cls/Rm = Class Room Conf/Rm = Conference Room</p> <p><i>Special Thank You to Dillow-Taylor Funeral Home for sponsoring the monthly Veterans Meeting</i></p>	<p><b>** Monthly Veterans Meet &amp; Greet Share Time **</b></p> <p>If you are a Veteran, you are invited to join the group on Thursday, February 2nd at 9:30-11:00 in the classroom. This meeting is open to all Veterans in our community. Topic will be Veterans Benefits, Ken Sheppard is the point of contact. We hope you will join this group as we look ahead to create a strong group that will be meeting monthly at the center. Refreshments will be served.</p>	

For 87 years, our family has offered compassionate advice during your most difficult times of loss. It is our privilege and promise to continue to offer our services to your family for many more generations to come.

Howard Alexander, Owner



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