

February 2012

<p>Open Sundays from 1:00 pm.-4:00 pm.!</p>	<p>Open Tuesdays until 7:30 pm.!</p>	<p>1 9:30: Aerobics 9:50: Quilting 10:30: Seamstress (must have an appt) 12:00: Pilates 1:30: Tap Dancing 2:45: Beginners Tap</p>	<p>2 9:00: Yoga 10:45: Sing-a-long 12:30: Mah-Jongg 12:45: Bingo</p>	<p>3 8:45: Muscle Tone 9:00: Weight Lifting 10:30: Square Dancing 12:00: Zumba 12:00: 561 Bistro Luncheon (reservation needed) 1:30: Social Bridge 2:00: Table Tennis</p>
<p>6 10:50: Aerobics 12:30: Weight Lifting 1:00: Knitting/Crochet Group 1:00: Crock Pot Cooking 1:30: Line Dancing 3:00: Ballroom Dancing X-Pect Discounts, Target & Trader Joe's Shopping Trip</p>	<p>7 9:50: Hearing Screening (must have an appt.) 10:00: Fit & Flex 11:10: Chair Yoga 12:00: Haircuts (must have an appt.) 12:30: Tai Chi 1:00: Bridge 1:00: Poker 2:00: Wii 2:00: Table Tennis 5:00: Great Paintings DVD Lecture Series</p>	<p>8 9:50: Aerobics 9:50: Quilting 10:30: Seamstress (must have an appt) 12:00: Pilates 1:00: ABC's of Heart Health 1:30: Tap Dancing 2:45: Beginners Tap</p>	<p>9 9:00: Yoga 10:00: Tips for Moving with Seniors 10:45: Sing-a-long 11:00: Massage Therapy (appt. is necessary) 11:00: Blood Pressure Screening 12:30: Mah-Jongg 12:45: Bingo</p>	<p>10 8:45: Muscle Tone 9:00: Weight Lifting 10:30: Square Dancing 12:00: 561 Bistro Luncheon (reservation needed) 1:30: Social Bridge 2:00: Table Tennis</p>
<p>13 10:00: Ask the Attorney (must have an appt.) 10:50: Aerobics 11:50: Pizza & A Movie: Mr. Popper's Penguins 12:50: Weight Lifting 1:00: Knitting/Crochet Group 1:50: Line Dancing 5:00: Ballroom Dancing Meriden Mall Trip</p>	<p>14 10:00: Fit & Flex 11:10: Chair Yoga 12:30: Tai Chi 1:00: Bridge 1:00: Poker 2:00: Wii 2:00: Table Tennis 5:00: Great Paintings DVD Lecture Series</p>	<p>15 9:50: Aerobics 9:50: Quilting 10:30: Seamstress (must have an appt.) 12:00: Pilates 1:00: Opera in the Afternoon Pomperaug Woods Auditorium 1:50: Tap Dancing 2:45: Beginners Tap</p>	<p>16 9:00: Yoga 10:45: Sing-a-long 11:30: Advance Directives 12:30: Mah-Jongg 12:50: Ice Cream Social by River Glen 12:45: Bingo</p>	<p>17 8:45: Muscle Tone 9:00: Weight Lifting 10:30: Square Dancing 12:00: Zumba 12:00: 561 Bistro Luncheon (reservation needed) 1:00: Mobile Food Pantry 1:50: Social Bridge 2:00: Table Tennis</p>
<p>20 Center Closed for Presidents Day</p>	<p>21 10:00: Fit & Flex 11:10: Chair Yoga 12:00: Haircuts (must have an appt.) 12:30: Tai Chi 1:00: Bridge 1:00: Poker 2:00: Wii 2:00: Table Tennis 5:00: Great Paintings DVD Lecture Series 5:00: AARP Safe Driving Course</p>	<p>22 9:50: Aerobics 9:50: Quilting 10:30: Seamstress (must have an appt.) 12:00: Pilates 1:50: Tap Dancing 1:50: Preventing Falls Presentation 2:45: Beginners Tap</p>	<p>23 9:00: Yoga 10:45: Sing-a-long 11:00: Blood Pressure Screening 12:30: Mah-Jongg 12:45: Bingo</p>	<p>24 8:45: Muscle Tone 9:00: Weight Lifting 10:30: Square Dancing 12:00: 561 Bistro Luncheon (reservation needed) 1:50: Social Bridge 2:00: Table Tennis</p>
<p>27 10:50: Aerobics 11:50: Pizza & A Movie: The Ides of March 12:50: Weight Lifting 1:00: Knitting/Crochet Group 1:50: Line Dancing 5:00: Ballroom Dancing Christmas Tree Shop & Barnes & Noble Shopping Trip</p>	<p>28 10:00: Fit & Flex 11:10: Chair Yoga 12:30: Tai Chi 1:00: Bridge 1:00: Poker 2:00: Wii 2:00: Table Tennis 5:00: Sadie Hawkins Dance</p>	<p>29 9:50: Aerobics 9:50: Quilting 10:30: Seamstress (must have an appt.) 11:00: "Watch your Language" 12:00: Pilates 1:50: Tap Dancing 2:45: Beginners Tap</p>	<p>Cancelations: Photos for Fun canceled for the month. Great Paintings on Feb. 28th</p> 	