

# February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>NOTE: The Tuesday Meal Program is supported by the Albany County Dept. for Aging and the NYS Office for Aging</b>	<b>1</b> Scheduled Shopping 9:00 Beg. Zumba 10:30 OsteoBusters 10:30 Sr. Fitness 1:00 Needlecraft 1:30 OsteoBusters	<b>2</b> Scheduled Shopping 9:00 OsteoBusters 9:00 Beg. Zumba 12:30 Mahjongg 1:15 Pinochle	<b>3</b> Scheduled Shopping 10:00 Painting 10:30 Bridge 1:00 Quilting	<b>4</b>
<b>5</b>	<b>6</b> Scheduled Shopping 10:30 OsteoBusters 10:30 Sr. Fitness 12:00 Beg. Zumba 1:30 OsteoBusters	<b>7</b> 9:00 OsteoBusters 11:30 Luncheon: Roast Pork or Cold Plate 12:30 Bingo/Games/Billiards	<b>8</b> Scheduled Shopping 9:00 Beg. Zumba 10:30 OsteoBusters 10:30 Sr. Fitness 1:00 Needlecraft 1:30 OsteoBusters	<b>9</b> Scheduled Shopping 9:00 OsteoBusters 9:00 Beg. Zumba 12:30 Mahjongg 1:15 Pinochle	<b>10</b> Scheduled Shopping 10:00 Painting 10:30 Bridge 1:00 Quilting	<b>11</b>
<b>12</b>	<b>13</b> Scheduled Shopping 10:30 OsteoBusters 10:30 Sr. Fitness 12:00 Beg. Zumba 1:30 OsteoBusters	<b>14</b> 9:00 OsteoBusters 11:30 Luncheon: Swedish Meatballs or Cold Plate <b>12:00 Food Pantry Raffle</b> 12:30 Bingo/Games/Billiards	<b>15</b> Scheduled Shopping 9:00 Beg. Zumba 10:30 OsteoBusters 10:30 Sr. Fitness 1:00 Needlecraft 1:30 OsteoBusters	<b>16</b> Scheduled Shopping 9:00 OsteoBusters 9:00 Beg. Zumba <b>9:30-11:30 Medicaid, Blood Pressure &amp; Scheduled Legal Appts.</b> <b>10-12 Scheduled Food Stamp Appts.</b> 12:30 Mahjongg 1:15 Pinochle	<b>17</b> Scheduled Shopping 10:00 Painting 10:30 Bridge 1:00 Quilting	<b>18</b>
<b>19</b>	<b>20</b> Town Hall Closed Presidents' Day	<b>21</b> 9:00 OsteoBusters <b>11:30 Speech: "Living with Vision Loss"</b> 11:30 Luncheon: Beef Tips or Cold Plate 12:30 Bingo/Games/Billiards	<b>22</b> Scheduled Shopping 9:00 Beg. Zumba 10:30 OsteoBusters No Sr. Fitness 1:00 Needlecraft 1:30 OsteoBusters	<b>23</b> Scheduled Shopping 9:00 OsteoBusters 9:00 Beg. Zumba <b>10:30 Movie: "The Help"</b> (Please sign-up by 2/16) 12:30 Mahjongg 1:15 Pinochle	<b>24</b> Scheduled Shopping 10:00 Painting 10:30 Bridge 1:00 Quilting	<b>25</b>
<b>26</b>	<b>27</b> Scheduled Shopping 10:30 OsteoBusters 10:30 Sr. Fitness 12:00 Beg. Zumba 1:30 OsteoBusters	<b>28</b> 9:00 OsteoBusters 11:30 Luncheon: Roast Turkey or Cold Plate 12:30 Bingo/Games/Billiards	<b>29</b> Scheduled Shopping 9:00 Beg. Zumba 10:30 OsteoBusters 10:30 Sr. Fitness 1:00 Needlecraft 1:30 OsteoBusters	<b>Other OsteoBusters Classes:</b>  Omni: Tues/Thu 9 AM  St. John's Church: Tues & Fri 9 AM		

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