

## February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Scheduled Shopping 9:00 Senior Strength & Balance *10:30 Strong Bones + 10:30 Sr. Fitness 1:00 Needlecraft *1:30 Strong Bones+	2 Scheduled Shopping 9:00 Silver Sneakers 10:00 Silver Sneakers Yoga Stretch *9:00 Strong Bones+ 12:30 Mahjongg 12:30 Pinochle	3 Scheduled Shopping 10:00 Painting 12:30 Intermediate Bridge 1:00 Quilting
6 Scheduled Shopping 9:00 Aerobics *10:30 Strong Bones + 10:30 Sr. Fitness *1:30 Strong Bones +	7 *9:00 Strong Bones + 11:30 Luncheon: Turkey Meatloaf or Cold Plate 12:30 Bingo/Rummikub	8 Scheduled Shopping 9:00 Senior Strength & Balance *10:30 Strong Bones + 10:30 Sr. Fitness 1:00 Needlecraft *1:30 Strong Bones+	9 Scheduled Shopping Library Trip—East Town 9:00 Silver Sneakers 10:00 Silver Sneakers Yoga Stretch *9:00 Strong Bones + 12:30 Mahjongg 12:30 Pinochle	10 Scheduled Shopping 10:00 Painting 12:30 Intermediate Bridge 1:00 Quilting
13 Scheduled Shopping 9:00 Aerobics *10:30 Strong Bones + 10:30 Sr. Fitness *1:30 Strong Bones +	14 *9:00 Strong Bones + 11:30 Luncheon: BBQ Chicken Breast or Cold Plate 12:00 Food Pantry Raffle 12:30 Bingo/Rummikub	15 Scheduled Shopping 9:00 Senior Strength & Balance *10:30 Strong Bones + 10:30 Sr. Fitness 1:00 Needlecraft *1:30 Strong Bones+	16 Scheduled Shopping Library Trip—West Town Scheduled Legal Appts. 9:00 Silver Sneakers 10:00 Silver Sneakers Yoga Stretch *9:00 Strong Bones + 12:30 Mahjongg 12:30 Pinochle	17 Scheduled Shopping 10:00 Painting 12:30 Intermediate Bridge 1:00 Quilting
20 <b>Town Hall &amp; Senior Center Closed</b>  <b>President's Day</b>	21 *9:00 Strong Bones+ 10:45-11:45 BP Screening 11:30 Luncheon: Fish Fillet on a WW Bun or Cold Plate 12:30 Bingo/Rummikub	22 Scheduled Shopping 9:00 Senior Strength & Balance *10:30 Strong Bones + 10:30 Sr. Fitness 1:00 Needlecraft *1:30 Strong Bones+	23 Scheduled Shopping 9:00 Silver Sneakers 10:00 Silver Sneakers Yoga Stretch *9:00 Strong Bones + 12:30 Mahjongg 12:30 Pinochle	24 Scheduled Shopping 10:00 Painting 12:30 Intermediate Bridge 1:00 Quilting
27 Scheduled Shopping 9:00 Aerobics *10:30 Strong Bones + 10:30 Sr. Fitness *1:30 Strong Bones +	28 *9:00 Strong Bones + 11:30 Luncheon: Pot Roast or Cold Plate 12:30 Bingo/Rummikub		<i>*Strong Bone+ Classes are held at the Town Hall</i>	<b><u>Other Strong Bones + Omni:</u></b> <i>Tues/Thu 9AM</i> <b><u>St. John's Church:</u></b> <i>Tues/Fri 9AM</i>