




# February Activities 2010



S	Monday	Tuesday	Wednesday	Thurs	Friday	Sa
	<b>1</b> <b>11:15</b> Gym Walk <b>1:00</b> Canasta	<b>2</b> <b>11:00</b> Blood Pressure <b>11:15</b> Gym Walk <b>12:15</b> Dennis Driscoll Piano Music <b>1:00</b> Mediation for Healing	<b>3</b> <b>10:00</b> Dance for Health <b>11:30-1:30</b> Jennie Pritchard Nutrition Presentation <b>1:00</b> Writing for Generations	<b>4</b> <b>Administrative Day</b>	<b>5</b> <b>9:00</b> Geezers <b>9:30</b> Tai Chi Int. <b>10:00</b> Stichin' in the Kitchen <b>11:00</b> Tai Chi Beg. <b>11:15</b> Gym Walk	<b>6</b>
7	<b>8</b> <b>11:15</b> Gym Walk <b>11:30</b> Seeds of Learning <b>1:00</b> Canasta	<b>9</b> <b>10:00*</b> <u>Chair Massage</u> <b>11:15</b> Gym Walk <b>12:15</b> Dennis Driscoll Piano Music <b>1:00</b> Mediation for Healing	<b>10</b> <b>10:00</b> Dance for Health  <b>12:45</b> Tina Gallegos "Five Wishes" Rescheduled	<b>11</b> <b>Administrative Day</b>	<b>12</b> <b>9:00</b> Geezers <b>9:30</b> Tai Chi Int. <b>10:00</b> Stichin' in the Kitchen <b>11:00</b> Tai Chi Beg. <b>11:15</b> Gym Walk <b>12:15</b> Laurie Robson Bag Piper Rescheduled <b>1:00</b> ASI Board Meeting Senior Center	<b>13</b>
14	<b>15</b> <b>CLOSED HOLIDAY</b>	<b>16</b> <b>11:15</b> Gym Walk <b>12:15</b> Dennis Driscoll Piano Music <b>1:00</b> Mediation for Healing	<b>17</b> <b>10:00</b> Dance for Health <b>11:00</b> Blood Pressure <b>1:00</b> Sky Ute Casino <b>1:30</b> Art in the Afternoon	<b>18</b> <b>Administrative Day</b>	<b>19</b> <b>9:00</b> Geezers <b>9:30</b> Tai Chi Int. <b>10:00</b> Stichin' in the Kitchen <b>11:00</b> Tai Chi Beg. <b>11:15</b> Gym Walk <b>12:45</b> Musetta's Fraud Presentation Rescheduled	<b>20</b>
21	<b>22</b> <b>11:15</b> Gym Walk <b>11:30</b> Seeds of Learning <b>12:45</b> Marty Borges Story-teller <b>1:00</b> Canasta	<b>23</b> <b>11:15</b> Gym Walk <b>12:15</b> Dennis Driscoll Piano Music <b>1:00</b> Mediation for Healing	<b>24</b> <b>10:00</b> Dance for Health  <b>1:00</b> Alzheimer's Support	<b>25</b> <b>Administrative Day</b>	<b>26</b> <b>9:00</b> Geezers <b>9:30</b> Tai Chi Int. <b>10:00</b> Stichin' in the Kitchen <b>10:30</b> Book Club <b>11:00</b> Tai Chi Beg. <b>11:15</b> Gym Walk <b>12:45</b> IFYE Susan Kasza Presentation <b>BIRTHDAY LUNCH!</b>	<b>27</b>
28					<b>* asterisk indicates by appointment</b>  <i>Underlining Indicate s registration re-quired</i>	