

GOSHEN SENIOR CENTER – FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2/1 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	2/2 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3
2/5 Aerobics: 9 – 10 Yoga 10:30 Hooks & Needles: 10 – 12 Yoga 1 - 2	2/6 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	2/7 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	2/8 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	2/9 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Friday Quilters: 12:15 – 3:30
2/12 Aerobics: 9 – 10 Yoga 10:30 Hooks & Needles: 10 – 12 *SC Valentine’s Day Pizza Party 12:30 Senior Club meeting: 1 Mah Jongg: 2-4	2/13 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	2/14 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	2/15 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3	2/16 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3
2/19 SENIOR CENTER CLOSED FOR WASHINGTON’S BIRTHDAY	2/20 Belly Dance for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30	2/21 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	2/22 Yoga: 9:30 -10:15 Senior Commission 10 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 Make & Take Crafts: 12:30-2	2/23 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Women’s book discussion: 11 - 1 Poker: 12 – 3
2/26 Aerobics: 9 – 10 Yoga 10:30 Hooks & Needles: 10 – 12 Senior Club meeting: 1 Mah Jongg: 2 - 4	2/27 Belly Dance for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30	2/28 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3		

***Senior Club members wishing to participate in the Valentine’s Day Pizza Party on Monday February 12th at 12:30 please see Bonnie NO LATER THAN FRI FEB 9th as advance reservations are a must!!!**