

8	MONDAY	TUESDAY	WEDNESDAY
3	8:00-2:30 Tax Appointments 9:00 Scrabble 10:00 Cribbage 10:30 Bakery 10:30 Chair Yoga — Wellness 11:00 Spanish — Beginning 11:15 Robert Auerbach on Piano 11:30 Lunch 12:30 Bridge 12:30 Wii 12:30 Pinochle 12:30 Open Cards 12:30 Silver Divas Bridge 1:00 Scarf Dyeing	4 9:00 Woodcarving 10:00 Sing Along 10:00 Women Embracing Change 10:00 Mah Jongg — Beginners 11:00 Spanish — Conversational 11:30 Lunch 12:30 Mah Jongg 12:30 Blood Pressure Screenings 1:00 Stitchers 1:00 Foot Care	5 9:00 Strength & Flexibility 9:00 Journaling 9:15 Social Seniors — Sofra 9:30 Sober Today 9:30 Al-Anon 10:00 Hats & Tales 10:00 Mystery Book Club 10:00 Forget Me Nots 11:00 Spanish — RWG 11:30 Lunch 1:00 Euchre 2:30 Tai Chi 3:15 Tai Chi
10	8:00-2:30 Tax Appointments 9:00 Scrabble 10:00 Cribbage 10:30 Bakery 10:30 Chair Yoga — Wellness 11:00 Spanish — Beginning 11:15 Robert Auerbach on Piano 11:30 Lunch 12:30 Bridge 12:30 Wii 12:30 Pinochle 12:30 Open Cards 12:30 Silver Divas Bridge	11 9:00 Foot Care 9:00 Woodcarving 9:00 Active Shooter Training 10:00 Mah Jongg — Beginners 11:00 Spanish — Conversational 11:15 Sweet Hearts play 11:30 Lunch 12:30 Mah Jongg 1:00 Stitchers 1:00 Diabetic Foot Care	12 9:00 Strength & Flexibility 9:00 Journaling 9:30 Sober Today 9:30 Al-Anon 10:30 Essential Tremor Support Group 11:00 Spanish — RWG 11:30 Lunch 1:00 Euchre 1:00 Senior Center Writing Group 2:30 Tai Chi 3:15 Tai Chi
17	8:00-2:30 Tax Appointments 9:00 Scrabble 10:00 Cribbage 10:30 Bakery 10:30 Chair Yoga — Wellness 11:00 Spanish — Beginning 11:15 Robert Auerbach on Piano 11:30 Lunch 12:30 Bridge 12:30 Wii 12:30 Pinochle 12:30 Open Cards 12:30 Silver Divas Bridge	18 8:00 Newsletter Assembly 8:30 AARP Smart Driver Training 9:00 Woodcarving 10:00 Sing Along 10:00 Women Embracing Change 10:00 Mah Jongg — Beginners 11:00 Spanish — Conversational 11:30 Lunch 12:30 Mah Jongg 1:00 Stitchers 1:00 Foot Care	19 9:00 Strength & Flexibility 9:00 Journaling 9:30 Sober Today 9:30 Al-Anon 10:00 Forget Me Nots 11:00 Spanish — RWG 11:30 Lunch 1:00 Euchre 2:30 Tai Chi 3:15 Tai Chi
24	8:00-2:30 Tax Appointments 9:00 Scrabble 10:00 Cribbage 10:30 Bakery 11:00 Spanish — Beginning 11:15 Robert Auerbach on Piano 11:30 Lunch 12:30 Bridge 12:30 Wii 12:30 Pinochle 12:30 Open Cards 12:30 Silver Divas Bridge	25 9:00 Foot Care 9:00 Woodcarving 10:00 Mah Jongg — Beginners 11:00 Spanish — Conversational 11:30 Lunch — Mary D on piano 11:30 Social Seniors — Ancho and Agave 1:00 Stitchers	26 9:00 Strength & Flexibility 9:00 Journaling 9:30 Sober Today 9:30 Al-Anon 11:00 Spanish — RWG 11:30 Lunch 1:00 Euchre 2:30 Tai Chi 3:15 Tai Chi



THURSDAY**FRIDAY**

6 **8:00-2:30** Tax Appointments
8:30 Chair Yoga — Mobility
9:00 Foot Care
9:00 Middleton Jazz Band
10:00 Cribbage
10:30 TOPS
11:30 Lunch — Music by the Spoon Man
12:30 Nimble Fingers
12:30 Open Cards
1:00 Mending
1:00 Interactive Art History Class

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9:00 Rummikub
9:00 Scrabble
9:00 Strength & Flexibility
10:15 Video Lecture
11:30 Lunch
12:30 Pinochle
12:30 Open Cards

13 **8:00-2:30** Tax Appointments
8:30 Chair Yoga — Mobility
8:45 Social Seniors depart for tour
9:00 Middleton Jazz Band
10:00 Cribbage **10:00** Gadget Guru
10:30 TOPS
11:30 Lunch — Music by the Spoon Man
12:30 Nimble Fingers
12:30 Open Cards **1:00** Foot Care
1:00 Interactive Art History Class

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9:00 Rummikub
9:00 Scrabble
9:00 Strength & Flexibility
10:15 Video Lecture
11:30 Lunch
12:30 Pinochle
12:30 Open Cards
12:30 Movie: "Ad Astra"
2:00 Independent Sketching Group

20 **8:00-2:30** Tax Appointments
8:30 Chair Yoga — Mobility
9:00 Middleton Jazz Band
10:00 Cribbage
10:00 Blood Pressure Screenings
10:30 TOPS
11:30 Lunch — Music by the Spoon Man
12:30 Nimble Fingers
12:30 Open Cards
1:00 Mending

21 **9:00-12:00** Energy Services
9:00 Rummikub
9:00 Scrabble
9:00 Strength & Flexibility
10:15 Video Lecture
11:30 Lunch
12:30 Pinochle
12:30 Open Cards
1:00 Paper Crafting

27 **8:00-2:30** Tax Appointments
9:00 Middleton Jazz Band
10:00 Cribbage
10:00 Gadget Guru
10:00 Caregiver Support Group
10:30 TOPS
11:30 Lunch — Music by the Spoon Man
12:30 Nimble Fingers
12:30 Open Cards

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9:00 Rummikub
9:00 Scrabble
9:00 Strength & Flexibility
10:15 Video Lecture
11:30 Lunch
12:30 Pinochle
12:30 Open Cards
2:00 Independent Sketching Group

ACTIVITIES FOR THE
DINING CENTER

Monday, February 3rd
Robert Auerbach plays the piano at 11:15.

Monday February 10th
Robert Auerbach plays the piano at 11:15.

Tuesday, February 11th
Sweet Hearts Play at 11:15.

Monday, February 17th
Robert Auerbach plays the piano at 11:15.

Monday, February 24th
Robert Auerbach plays the piano at 11:15.

Tuesday, February 25th
Mary D. plays the piano

Every Thursday, Bob the Spoon Man will entertain us with his spoon playing.



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