

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Volunteer Meeting <b>2</b> 11:15 Healthy New You 1:00 Windows 7 1:00 Congestive Heart Failure 1:00 Amateur Photographers Club 3:00 Computer Maintenance	9:00 BINGO <b>3</b> 9:30 Zumba Gold 10:15 Flexibility & Balance 11:30 Softball Conditioning 1:30 Intro to Ceramics 5:30 Intro to Ceramics	1:00 Betty's One-on-one <b>4</b> 10:00 Navigating Over the Counter Aisles for Self Treatments	9-4 Tax Prep by appt. <b>5</b> 9:30 Zumba Gold 10:15 Flexibility & Balance 10:00 As the Page Turns 11:00 Beginning Tablet 11:30 Softball Conditioning Noon Heart Healthy Cooking Demo 2:00 S.A.L.T. Council Meeting	9-4 Tax Preparation by appt. <b>6</b> 11:30 Dixie Diners at Salt n' Pepper 7:00 Friday Night Dance "Valentine's Dance"  Saturday February 7 1:15 Singin' in the Rain at Jonesborough Reperatory Theatre 6:00 Daddy/Daughter Dance
10:00 Healthy New You <b>9</b> 10:30 Raised Garden Beds 5:00 Valentine Burlap Wreath	9:30 Zumba Gold <b>10</b> 10:15 Flexibility & Balance 10:45 Medical Ethics 11:30 Softball Conditioning	8:15 Second Harvest with Volunteers <b>11</b> 9:30 Intermediate Ceramics 10:00 Travel Show 11:00 Basic Training For Your Heart 11:30 Travel and Chuckwagon Lunch 1:00 Betty's Special Class	9-4 Tax Preparation by appt. <b>12</b> 9:30 Zumba Gold 10:00 New Cholesterol Guidelines 10:15 Flexibility & Balance 11:00 Beginning Tablet 11:30 Softball Conditioning 1:00 Joy of Charcoal Drawing 1:00 Travel Round the World	9-4 Tax Preparation by appt. <b>13</b> 11:00 TED Talks 6:00 Murder Mystery Dinner Theatre
10:00 Be Sensible Healthy New You <b>16</b> 10:30 Cautionary Measures Preventing Plant and People Illnesses 11:00 Treatment For Heart Disease 1:00 Windows 7	9:00 BINGO <b>17</b> 9:30 Zumba Gold 10:00 Walkers and Talkers 10:15 Flexibility & Balance 11:30 Softball Conditioning	10:00 Excel <b>18</b> 11:00 What Does a Heart Healthy Diet Look Like 1:00 Betty's Cell Phone Class	9-4 Tax Preparation by appt. <b>19</b> 9:30 Zumba Gold 10:15 Flexibility & Balance 11:00 Beginning Tablet Noon Heart Talk with Dr. Shobha 11:30 Softball Conditioning 1:00 Joy of Charcoal Drawing 1:00 Hikers/Bikers Meeting	9-4 Tax Preparation by appt. <b>20</b> 7:00 Friday Night Dance  Saturday February 21 10:00 WVAL
10:30 Naturally Yours II <b>23</b>	9:30 Zumba Gold <b>24</b> 10:15 Flexibility & Balance 11:30 Bonnie's Blue Plate 11:30 Softball Conditioning	9:00 Pickleball Tournament <b>25</b> 9:30 Intermediate Ceramics 11:00 Reducing Stress 1:00 Betty's One-on-One Computer Instruction 2:00 Excel	9-4 Tax Preparation by appt. <b>26</b> 9:30 Zumba Gold 10:15 Flexibility & Balance 11:00 Second Time Around 11:00 Beginning Tablet 11:30 Softball Conditioning 1:00 Joy of Charcoal Drawing 1:00 Craft of the Month - Making Coasters	9-4 Tax Preparation by appt. <b>27</b>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 8:30 Piano Keyboard Lessons by appointment 9:30 Table Tennis 9:30 Love Handles 10:00 Shuffleboard 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Open Art Studio 1:00 Musical Voices Practice 1:00 Hand &amp; Foot Canasta 1:00 High Flyers Bowling Holiday Lanes 2:00 Challenge Square Dance 3:30 Line Dance with Martha 6:00 Dandy Line Dancers 6:00 Ladies Monday Night Bridge Club 7:00 Square Dance with Don Williamson</p>	<p>7:30am to 8:00pm Billiards Room Fitness Room 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab Noon Contract Bridge 1:00 Silver Sneakers® Yoga 1:00 Needle and Fiber Arts 1:00 Tuesday Trio Bowling @ Holiday Lanes 4:00 Circle R Dancers 5:30 Scrabble Group 6:00 Mexican Train Dominos 7:00 Round Dance</p>	<p>7:30am to 8:00pm Billiards Room Fitness Room 7:30 Fasting Blood Sugar Screenings 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 9:30 Table Tennis 9:30 Love Handles 10:00 Bible Study 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Acrylics Painting 1:00 Pinochle 2:30 Knitting 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga</p>	<p>7:30 am to 8:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:30 Silver Sneakers® Yoga 8:30 Piano Lessons by Appointment 9:30 German Conversation Noon Women's Billiards 1:00 Rook 1:00 Ballroom Dance Practice 1:00 Golden Rollers Bowling @Holiday Lanes 3:00 Senior Chorale (does not meet in January and February) 4:00 Brain-A-Cise</p>	<p>7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 From Head to Tone Fitness Class 8:30 Piano Lessons by Appointment 9:00 Party Contract Bridge 9:30 Table Tennis 9:30 Love Handles 10:00 Conductorcise® Plus 10:00 Silver Sneakers® Classic 12:30 Ace of Clubs Duplicate Bridge 1:00 Open Craft Time 1:00 Mahjong 3:30 Friday Ballroom Dance Lessons 5:00 Hand and Foot</p>