



February 2017



"The Senior Center is the Place To Be..."

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| *** Reservations are Requested in Advance. | | 1 | 2 | 3 |
| | | 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention | 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class | 10:00 Line Dancing 1:00 Tune Timers |
| 6 | 7 | 8 | 9 | 10 |
| 9:30 Coloring & Coffee 9:30 Pilates 11:00 Yoga 12:00 Lunch*** | 9:00 Blood Pressure 10:00 Candy Making*** 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament | 9:00 Podiatry*** 9:30 Pilates 11:00 Yoga 12:00 Valentine's Luncheon w/ Tommy Rull*** 1:00 Bingo 2:30 Falls Prevention | 10:00 Watercolor 10:30 Energy Focus Movement 11:45 Lunch & Movie*** 12:30 Photography Class | 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers |
| 13 | 14 | 15 | 16 | 17 |
| 9:00 Manicurist*** 9:30 Coloring & Coffee 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 12:00 Happy Birthday Lunch*** | 8:00 Monthly Breakfast*** 9:00 Blood Pressure 10:00 Legal Hour*** 10:15 Chair Massage*** 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong | 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention | 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class | 10:00 Line Dancing 1:00 Tune Timers |
| 20 | 21 | 22 | 23 | 24 |
| CLOSED | 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Book Club-NEW 1:30 Chi Gong 4:00 Pool Tournament | 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 2:30 Falls Prevention | 9:30 Coffee with Holliston Police—NEW 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class | 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers |
| 27 | 28 | | | |
| 9:30 Coloring & Coffee 9:30 Pilates 11:00 Yoga 12:00 Lunch*** | 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong | | | |