

# FEBRUARY - 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:00 Scrabble 12:00 Poker 12:30 Line Dancing	Shopping Shuttle/ <b>S&amp;S</b> 9:00 S&S bus (housing) 9:00 Chess 9:30 Computer 101A <b>10:00 Vision Group</b> 10:00 Walking Group <b>10:00 SHINE Ins. help</b> 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage <b>3:00 Supper Club: Maria's</b>	9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker <b>1:00 BINGO</b>	Shopping Shuttle/ <b>S&amp;S</b> 9:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist <b>1:00 New Game</b> <b>"Left, Right, Center"</b> <b>Fun, easy dice game!</b>	9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 1:00 Women's poker  <b>*Fruity Friday – fruit served all day today to promote healthy eating!</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 Scrabble 12:00 Poker 12:30 Line Dancing  <b>1:00 * Belles &amp; Beaux Musical Entertainment with cake &amp; ice cream! (open to everyone!)</b>	Shopping Shuttle/ <b>Shaws</b> 9:00 S&S bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage  <b>1:00 *Entertainment "Trooper Dan Clark" \$2/pp Call to sign up!</b>	9:00 Exercise <b>9:30 Ask the Lawyer (free) by appointment</b> 10:00 Handicrafts <b>10:00 Trip Lottery for Cape Trip 3/17/10</b> 10:00 Quilting 12:00 Poker <b>12:00 Movie Day (extra)</b> Movie: "I love/hate Valentine's Day" 1:00 Eye Screening (free) by appointment	Shopping Shuttle/ <b>Shaws</b> 9:30 Chair Yoga 10:00 Photography 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist <b>1:00 New Game</b> <b>"Left, Right, Center"</b> <b>Fun, easy dice game!</b>	9:00 Exercise <b>10:00 COA Van Trip to: Christmas Shop</b> 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 1:00 Women's poker
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>HOLIDAY PRESIDENTS' DAY</b>  <b>COA CLOSED</b>	Shopping Shuttle/ <b>S&amp;S</b> 9:00 S&S bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group <b>10:00 Wii Games</b> <b>10:00 SHINE Ins. help</b> 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage <b>3:00 Supper Club to Hearth &amp; Kettle</b>	9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker <b>1:00 Eye Screenings (free) by appointment</b> <b>1:00 BINGO</b> <b>1:00 Hearing Exams (free) by appointment</b>	Shopping Shuttle/ <b>S&amp;S</b> 9:30 Chair Yoga <b>10:30 Acupuncture* Informational Talk (call to sign up)</b> 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist <b>1:00 New Game</b> <b>"Left, Right, Center"</b> <b>Fun, easy dice game!</b>	9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker <b>12:30 Ask the Lawyer (free) by appointment</b> 1:00 Women's poker <b>2:00 COA Board Meeting (Open to Public)</b>

<p style="text-align: right;"><b>22</b></p> <p>10:00 Scrabble 12:00 Poker 12:30 Line Dancing</p> <p><b>1:00 *Tea at Savoy Refreshments &amp; Entertainment (open to everyone!)</b></p>	<p style="text-align: right;"><b>23</b></p> <p>Shopping Shuttle/<b>Shaws</b> 9:00 Chess 9:30 Computer 101A 10:00 Walking Group <b>10:00 Wii Games</b> 10:45 Computer 101B 11:00 Red Hat Meeting <b>12:00 *Pizza Party Fun!</b> <b>See newsletter - \$2.00/pp (Call to sign up!)</b> 1:00 Bridge 1:00 Cribbage <b>1:00 Ask the Lawyer (free) by appointment</b></p> <p><b>4:00 *COA Alzheimer's Monthly Support Meeting Speaker &amp; Light Supper! (please call to sign up)</b></p>	<p style="text-align: right;"><b>24</b></p> <p>9:00 S&amp;S bus (housing) 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker <b>12:00 Movie Day</b> <b>Movie: "Shall we Dance"</b></p> <p>Please call to check: movie subject to change</p>	<p style="text-align: right;"><b>25</b></p> <p>Shopping Shuttle/<b>Shaws</b> 9:30 Chair Yoga 10:00 Photography <b>11:00 Book Club</b> 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist <b>1:00 New Game</b> <b>"Left, Right, Center"</b> <b>Fun, easy dice game!</b></p> <p><b>2:00 Associates Board Meeting</b></p>	<p style="text-align: right;"><b>26</b></p> <p>9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 1:00 Women's poker</p>
		<p><b>*Special activities</b> will have a write up in this newsletter with information regarding the activity, date, charges and all/any sign up requirements*</p>		