
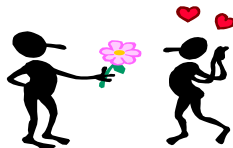


Monday	Tuesday	Wednesday	Thursday	Friday
	(BF) - Blue Fox Rock & Bowl (F) - Friendly, Rt. 44, Avon (ISC) - International Skating Center (L) - Last Class of Session (N) - New Class Begins			
1 8:30 Rink Walkers(ISC) 9:15 Zumba Gold 9:30 Stamping Class 10:00 Snuggles Knitting 10:30 Chair Yoga 12-3 Bridge 12:00 Cardio Exercise 1:00 Balanced Bodies 1-4 Footcare(appt)	2 9-9:45 Personal Training 10-2:30 Ceramics 10/10:45/11:30/12:15 Tai Chi 12:30 Bowling(BF) 1:00 Tap Dancing 1-3 Mahjongg & Scrabble	3 7:00 Codgers (F) 9:15 Exercise 10:30 Yoga 10:00 Intonations <i>10:00 Massage (appts)</i> 12:00 Lunch @ Eno 12:00 Cardio Exercise 1:00 Balanced Bodies <i>1:00 Social Security R</i>	4 9:00 Tax Counseling(appts) 9-9:45 Personal Training 10/10:45/11:30/12:15 Tai Chi 10:00 Painting w/Debbie 1:00 Basics of Estate Planning	5 9:00 Tax Counseling(appts) 9:15 Exercise 10:30 Yoga 1:00 Line Dancing 12:00 Cardio Exercise
8 8:30 Rink Walkers(ISC) 9:15 Zumba Gold 9:30 Stamping Class 10:00 Snuggles Knitting 10:30 Chair Yoga 12-3 Bridge 12:00 Cardio Exercise 1:00 Balanced Bodies	9 9-9:45 Personal Training 10-2:30 Ceramics 10:00 Bereavement Group 10/10:45/11:30/12:15 Tai Chi 11:30 Retired Men's Lunch 12:30 Bowling(BF) 1:00 Tap Dancing 1-3 Mahjongg & Scrabble	10 7:00 Codgers (F) 9:15 Exercise 10:30 Yoga 10:00 Intonations 12:00 Lunch @ Eno 12:00 Cardio Exercise 1:00 Balanced Bodies 12-1 Brown Bag Lunch	11 9:00 Tax Counseling(appts) 9-9:45 Personal Training 10/10:45/11:30/12:15 Tai Chi 10:00 Painting w/Debbie	12 9:00 Tax Counseling(appts) No Exercise / No Yoga 12:15-1:15 Blood Pressure 1:00 Line Dancing 12:00 Cardio Exercise 12-1 Valentine Pot Luck
15 Presidents' Day Senior Center Closed Trip: Foxwood	16 9-9:45 Personal Training 10-2:30 Ceramics No Tai Chi 12:30 Bowling(BF) 12:00 Souper Tuesday 1:00 Tap Dancing No Mahjongg or Scrabble	17 7:00 Codgers (F) 9:15 Exercise 10:30 Yoga <i>10:00 Massage (appts)</i> 10:00 Intonations 12:00 Lunch @ Eno 12:00 Cardio Exercise 1:00 Balanced Bodies	18 9:00 Tax Counseling(appts) 9:00 AARP Safe Driving 9-9:45 Personal Training No Tai Chi 10:00 Painting w/Debbie	19 9:00 Tax Counseling 9:00 AARP Safe Driving 9:15 Exercise 10:30 Yoga 10-11 Cooking w/Elaine 1:00 Line Dancing 12:00 Cardio Exercise
22 8:30 Rink Walkers(ISC) 9:15 Zumba Gold 9:30 Stamping Class 10:00 Snuggles Knitting 10-12 <i>Blood Pressure</i> 10:30 Chair Yoga 12-3 Bridge 12:00 Cardio Exercise 1:00 Balanced Bodies	23 9-9:45 Personal Training 10-2:30 Ceramics 10/10:45/11:30/12:15 Tai Chi(N) 10:00 <i>Hearing Clinic (appt)s</i> 12:30 Bowling(BF) 1:00 Tap Dancing 1-3 Mahjongg & Scrabble	24 7:00 Codgers (F) 9:15 Exercise 10:30 Yoga 10:00 Book Club 10:00 Intonations 10:00 Cheese Day 12:00 Lunch @ Eno 12:00 Cardio Exercise 1:00 Balanced Bodies	25 9:00 Tax Counseling(appts) 9-9:45 Personal Training 10/10:45/11:30/12:15 Tai Chi 10:00 Painting w/Debbie 1:00 Caregivers Group	26 9:00 Tax Counseling(appts) 9:15 Exercise 10:30 Yoga 1:00 Line Dancing 12:00 Cardio Exercise Trip: Saturday UCONN/Georgetown