

## GOSHEN SENIOR CENTER – FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				2/1 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:15 Adult coloring: 1 – 3
2/4 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2	2/5 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	2/6 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 – 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	2/7 Yoga: 9:30 -10:15 Body Grace: 10:15-11 Aerobics: 11-12 Poker: 12 - 3	2/8 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:15
2/11 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 <b>** Valentine’s Pizza Party: 12</b> <b>Senior Club Meeting: 1</b>	2/12 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 <b>Beginners Line Dancing CANCELLED</b>	2/13 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	2/14 Yoga: 9:30 -10:15 Body Grace: 10:15-11 Aerobics: 11-12 Poker: 12 – 3	2/15 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:15 Adult coloring: 1 – 3
2/18 <b>Senior Center CLOSED</b> <b>Washington’s Birthday</b>	2/19 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	2/20 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	2/21 Yoga: 9:30 -10:15 Body Grace: 10:15-11 Aerobics: 11-12 Poker: 12 – 3 <b>Make &amp; Take Crafts: 12:30 - 3</b>	2/22 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 <b>Women’s book discussion: 11 – 1</b> Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:15
2/25 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 <b>Senior Club Meeting: 1</b>	2/26 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	2/27 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	2/28 Yoga: 9:30 -10:15 Body Grace: 10:15-11 Aerobics: 11-12 Poker: 12 – 3	

**\*\* Valentine’s Day Pizza Party starts at 12 noon and ADVANCE RESERVATIONS ARE REQUIRED NO LATER THAN FRIDAY FEBRUARY 8<sup>TH</sup>!! Special singing guests: The Dover Boys members of The Newyorkers Chorus**