























# Senior Services Associates Multipurpose Senior Center



## FEBRUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Tai Chi w/Leeann \$ 10:15 Trivia 12:45 Weeping Canasta <b>11:00 Planned Eldercare</b> Free diabetic shoes and arthritis supplies National Freedom Day 	<b>2</b> 9:00 Computer Training 9:45 Arthritis Exercise \$ 10:00 Dementia Caregivers 11:00 Decorating and Crafts 1:00 Fall Prevention <b>Ground Hog Day</b> 	<b>3</b> 9:00 Tai Chi w/Allison \$ 10:00 Bridge 12:00 Pool Games 1:00 Pinochle 1:00 Euchre 	<b>4</b> 9:00 Yoga for Senior 11:30 B/P Screening 12:00 Bridge 12:30 Phase 10 1789 George Washington elected 1st US President 	<b>5</b> 9:45 Arthritis Exercise \$ <b>10:00 Art Class w/Gloria</b> <b>12:00 Skits w/Gloria</b>  1:00 Hand & Foot
<b>8</b> 9:00 Tai Chi w/Leeann \$ 10:15 Trivia <b>11:00 Heart Healthy</b> <b>Wellness Lecture and Lunch</b> by Amedisys Home Health Care 1:00 Wii Challenge - Bickford <b>Senior Living sponsoring</b>	<b>9</b> 9:00 Computer Training 9:45 Arthritis Exercise \$ 10:00 Men's Bridge 11:00 Decorating and Crafts 1:00 Fall Prevention  <b>American</b>	<b>10</b> 9:00 Tai Chi w/Allison \$ 10:00 Knitting / Crochet 12:00 Pool Games 1:00 Pinochle 1:00 Euchre  <b>Heart</b>	<b>11</b> 9:00 Yoga for Senior 9:30 Bible Study Group 12:00 Bridge 12:30 Bunco  <b>Month</b> 	<b>12</b> 9:45 Arthritis Exercise \$ <b>10:00 Art Class w/Gloria</b> <b>11:30 Friendship Luncheon</b> by Crossroads, Fox Point, Hospice of NE IL & Comfort Keepers  1:00 Hand & Foot Cards, Bingo
<b>15</b> <b>9:00 AARP Program</b>  9:00 Tai Chi w/Leeann \$ 10:15 Trivia 12:45 Weeping Canasta 1:00 CLSCC Board Meeting	<b>16</b> <b>9:00 AARP Program</b> 9:00 Computer Training 9:45 Arthritis Exercise \$ 11:00 Decorating and Crafts 1:00 Fall Prevention <b>Mardi Gras</b> 	<b>17</b> 9:00 Tai Chi w/Allison \$ 12:00 Pool Games 1:00 Pinochle <b>Happy Birthday</b> <b>Michael Jordan 1963</b> 	<b>18</b> 9:00 Yoga for Senior 12:00 Bridge 12:45 Weeping Canasta <b>Pluto (9th planet) Discovered 1930</b> 	<b>19</b> 9:45 Arthritis Exercise \$ <b>10:00 Art Class w/Gloria</b> <b>12:00 Skits w/ Gloria</b> <b>1:00 Cooking Demo</b> <b>Recipes for a Healthy Heart</b>  1:00 Hand & Foot Cards
<b>22</b> 9:00 Tai Chi w/Leeann \$ 10:15 Trivia <b>10:30 Senior Forum</b>  1:00 CLSCC Meeting	<b>23</b> 9:00 Computer Training 9:45 Arthritis Exercise \$ 10:00 Men's Bridge 11:00 Decorating and Crafts 1:00 Fall Prevention 	<b>24</b> 9:00 Tai Chi w/Allison \$ 12:00 Pool Games 12:30 Po-Ke-No 1:00 Pinochle 	<b>25</b> 9:30 Bible Study Group 12:00 Bridge 12:30 Bunco <b>Operation Desert Storm 1991</b> 	<b>26</b> 9:45 Arthritis Exercise \$ <b>11:30 Birthday Party</b>  <b>sponsored by Converge Health Miller Lemke Wealth Advisors</b> 1:00 Hand & Foot Cards, Bingo
<b>SSA Multipurpose Senior Center</b> 110 W. Woodstock Calender may change Please call 815-356-7457 to verify your events			<b>Save The Date</b> <b>3/16 St. Patrick's Day Party</b> <b>3/27 B-Day Party</b> 