

Smith Senior Center — FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><u>A.H.O.Y.</u></p> <p>Smith Senior Center M, T, W, Th, S M, W 9:15 am 5:30 pm</p> <p>Lewis Center M, W, F 9:15 am</p> <p>Leonard Center M, W, F 10:30 am</p> <p>Brown Center Tu, Th 9:15 am</p> <p>Peeler Center Tu, Th 10:30 am</p> <p>Griffin Center Tu, Th, S 10:30 am</p> <p>Lindley Center Tu, Th 2:15 pm</p>			<p>1 8:15 SAIL Balance Class Gym</p> <p>8:15 Senior Swim Pool</p> <p>9:15 AHOY Gym</p> <p>10:00 Shades of Ireland Slideshow Rm 1</p> <p>10:00 Table Tennis Rm 2</p> <p>10:00 Basketball Open Play Gym</p> <p>10:00 Water Arthritis Class* Pool</p> <p>12:15 Soul Sliding Class** Gym</p> <p>1:00 Quilting Club Rm 1</p> <p>1:00 Writing Class* Rm 2</p> <p>2:00 Senior Swim Pool</p> <p>4:30 Water Aerobics* Pool</p> <p>5:30 AHOY Boot Camp Gym</p> <p>6:00 Aqua Fit Class* Pool</p>	<p>2 9 am-6 pm AARP Tax Service*</p> <p>8:30 Strength for Balance Class Gym</p> <p>8:30 Senior Swim Pool</p> <p>9:15 Cardio Sculpt Class Gym</p> <p>10:00 Legal Services* Rm 1</p> <p>10:00 Cards & Games Lounge</p> <p>11:00 Water Arthritis Class* Pool</p> <p>2:00 Senior Swim Pool</p> <p>5:15 Yoga on the Mat Rm 2</p> <p>5:45 Aqua Fit Class* Pool</p>	<p>3 10 am-6 pm AARP Tax Service*</p> <p>9:15 Chair Yoga Gym</p> <p>10:00 Water Arthritis Class* Pool</p> <p>10:00 Bocce/Horseshoes Outside</p> <p>10:00 Cornhole/Shuffleboard Gym</p> <p>10:30 Yoga on the Mat Rm 1</p> <p>11:30 Yoga on the Mat Rm 1</p> <p>11:30 Senior Swim Pool</p> <p>5:00 Table Tennis Gym</p>	<p>4</p> <p>9:15 AHOY Gym</p>
<p>5</p> <p style="text-align: center;">Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon</p>	<p>6 8:15 SAIL Balance Class Gym</p> <p>8:15 Senior Swim Pool</p> <p>9:15 AHOY Gym</p> <p>10:00 Honey Bee Helpers Rm 1</p> <p>10:00 Dish with the Director Rm 2</p> <p>10:00 Water Arthritis Class* Pool</p> <p>10:30 Soul Sliding Class** Gym</p> <p>2:00 Senior Swim Pool</p> <p>4:30 Water Aerobics* Pool</p> <p>5:00 T.O.P.S. Meeting Rm 2</p> <p>5:30 AHOY Boot Camp Gym</p> <p>6:00 Grief Support Group Rm 2</p> <p>6:00 Aqua Fit Class* Pool</p>	<p>7 8:30 Senior Swim Pool</p> <p>9:15 Cardio Sculpt Class Gym</p> <p>10:30 Chair Yoga Gym</p> <p>11:00 Water Arthritis Class* Pool</p> <p>11:30 Birthday Potluck & Bingo Rm 1</p> <p>11:30 Yoga on the Mat Rm 2</p> <p>1:00 Ballroom Dance Class** Rm 2</p> <p>2:00 Senior Swim Pool</p> <p>5:30 Full Body/Strength Class Gym</p> <p>5:45 Aqua Fit Class* Pool</p> <p>6:15 Beginner Zumba Gym</p>	<p>8 8:15 SAIL Balance Class Gym</p> <p>8:15 Senior Swim Pool</p> <p>9:15 AHOY Gym</p> <p>10:00 Adult Coloring Books* Rm 1</p> <p>10:00 Table Tennis Rm 2</p> <p>10:00 Basketball Open Play Gym</p> <p>10:00 Water Arthritis Class* Pool</p> <p>12:15 Soul Sliding Class** Gym</p> <p>1:00 Quilting Club Rm 1</p> <p>2:00 Senior Swim Pool</p> <p>4:30 Water Aerobics* Pool</p> <p>5:30 AHOY Boot Camp Gym</p> <p>6:00 Aqua Fit Class* Pool</p>	<p>9 9 am-6 pm AARP Tax Service*</p> <p>8:30 Strength for Balance Class Gym</p> <p>8:30 Senior Swim Pool</p> <p>9:15 Cardio Sculpt Class Gym</p> <p>10:00 Computer Seminar Rm 1</p> <p>10:00 Cards & Games Lounge</p> <p>11:00 Water Arthritis Class* Pool</p> <p>1:30 Osteoporosis Group Rm 1</p> <p>2:00 Senior Swim Pool</p> <p>5:15 Yoga on the Mat Rm 1</p> <p>5:45 Aqua Fit Class* Pool</p>	<p>10 10 am-6 pm AARP Tax Service*</p> <p>9:15 Chair Yoga Gym</p> <p>10:00 Water Arthritis Class* Pool</p> <p>10:00 Bocce/Horseshoes Outside</p> <p>10:00 Cornhole/Shuffleboard Gym</p> <p>10:30 Yoga on the Mat Rm 1</p> <p>11:30 Yoga on the Mat Rm 1</p> <p>11:30 Senior Swim Pool</p> <p>12:00 Booked for Lunch Club Rm 1</p> <p>5:00 Table Tennis Rm 1</p> <p>7:00 - 10:00 Valentine's Dance</p>	<p>11</p> <p>9:15 AHOY Gym</p> <p>8:00 Greensboro Social Dance— Lewis Rec. Center</p>
<p>12</p> <p style="text-align: center;">*Registration Required</p> <p style="text-align: center;">**Drop-in Fee Required</p>	<p>13 8:15 SAIL Balance Class Gym</p> <p>8:15 Senior Swim Pool</p> <p>9:15 AHOY Gym</p> <p>10:00 Honey Bee Helpers Rm 1</p> <p>10:00 Water Arthritis Class* Pool</p> <p>10:30 Soul Sliding Class** Gym</p> <p>2:00 Senior Swim Pool</p> <p>4:30 Water Aerobics* Pool</p> <p>5:00 T.O.P.S. Meeting Rm 2</p> <p>5:30 AHOY Boot Camp Gym</p> <p>6:00 Grief Support Group Rm 2</p> <p>6:00 Aqua Fit Class* Pool</p>	<p>14 8:30 Senior Swim Pool</p> <p>9:15 Cardio Sculpt Class Gym</p> <p>10:30 Chair Yoga Gym</p> <p>11:00 Water Arthritis Class* Pool</p> <p>11:30 Yoga on the Mat Rm 2</p> <p>1:00 Valentine's Day Social Rm 1</p> <p>1:00 Ballroom Dance Class** Gym</p> <p>2:00 Senior Swim Pool</p> <p>5:30 Full Body/Strength Class Gym</p> <p>5:45 Aqua Fit Class* Pool</p> <p>6:15 Beginner Zumba Gym</p>	<p>15 8:15 SAIL Balance Class Gym</p> <p>8:15 Senior Swim Pool</p> <p>9:15 AHOY Gym</p> <p>10:00 Landlord and Tenant Rights Rm 1</p> <p>10:00 Table Tennis Rm 2</p> <p>10:00 Water Arthritis Class* Pool</p> <p>10:00 Basketball Open Play Gym</p> <p>12:15 Soul Sliding Class** Gym</p> <p>1:00 Quilting Club Rm 1</p> <p>2:00 Senior Swim Pool</p> <p>4:30 Water Aerobics* Pool</p> <p>5:30 AHOY Boot Camp Rm 2</p> <p>6:00 Aqua Fit Class* Pool</p>	<p>16 9 am-6 pm AARP Tax Service*</p> <p>8:30 Strength for Balance Class Gym</p> <p>8:30 Senior Swim Pool</p> <p>9:15 Cardio Sculpt Class Gym</p> <p>10:00 Cards & Games Lounge</p> <p>11:00 Water Arthritis Class* Pool</p> <p>12:00 Prepare a Home to Sell* Rm 1</p> <p>2:00 Senior Swim Pool</p> <p>5:15 Yoga on the Mat Rm 1</p> <p>5:45 Aqua Fit Class* Pool</p>	<p>17 10 am-6 pm AARP Tax Service*</p> <p>9:15 Chair Yoga Gym</p> <p>10:00 Water Arthritis Class* Pool</p> <p>10:00 Bocce/Horseshoes Outside</p> <p>10:00 Cornhole/Shuffleboard Gym</p> <p>10:30 Yoga on the Mat Rm 1</p> <p>11:30 Yoga on the Mat Rm 1</p> <p>11:30 Senior Swim Pool</p> <p>1:00 Movie: "The Jungle Book" Rm 1</p> <p>5:00 Table Tennis Gym</p>	<p>18</p> <p>9:15 AHOY Gym</p>
<p>19</p>	<p>20</p> <p>8:15 SAIL Balance Class Gym</p> <p>8:15 Senior Swim Pool</p> <p>9:15 AHOY Gym</p> <p>10:30 Soul Sliding Class** Gym</p> <p>2:00 Senior Swim Pool</p> <p>5:00 T.O.P.S. Meeting Rm 1</p> <p>5:30 AHOY Boot Camp Gym</p> <p>6:00 Grief Support Group Rm 2</p>	<p>21 8:30 Senior Swim Pool</p> <p>9:15 Cardio Sculpt Class Gym</p> <p>9:30 Bingo Rm 1</p> <p>10:30 Chair Yoga Gym</p> <p>11:30 Yoga on the Mat Rm 2</p> <p>11:30 Lunch Bunch* Van</p> <p>1:00 Ballroom Dance Class** Rm 2</p> <p>2:00 Senior Swim Pool</p> <p>5:30 Full Body/Strength Class Gym</p> <p>6:15 Beginner Zumba Gym</p>	<p>22 8:15 SAIL Balance Class Gym</p> <p>8:15 Senior Swim Pool</p> <p>9:15 AHOY Gym</p> <p>10:00 Adult Coloring Books* Rm 1</p> <p>10:00 Table Tennis Rm 2</p> <p>10:00 BP & Glucose Checks Lounge</p> <p>10:00 Basketball Open Play Gym</p> <p>1:00 Quilting Club Rm 1</p> <p>12:15 Soul Sliding Class** Gym</p> <p>2:00 Senior Swim Pool</p> <p>5:30 AHOY Boot Camp Gym</p>	<p>23 9 am-6 pm AARP Tax Service*</p> <p>8:30 Strength for Balance Class Gym</p> <p>8:30 Senior Swim Pool</p> <p>9:15 Cardio Sculpt Class Gym</p> <p>10:00 Cards & Games Lounge</p> <p>2:00 Senior Swim Pool</p> <p>5:15 Yoga on the Mat Rm 1</p>	<p>24 10 am-6 pm AARP Tax Service*</p> <p>9:00 Sanford Trip Sign-ups</p> <p>9:15 Chair Yoga Gym</p> <p>10:00 Bocce/Horseshoes Outside</p> <p>10:00 Cornhole/Shuffleboard Gym</p> <p>10:30 Yoga on the Mat Rm 1</p> <p>11:30 Yoga on the Mat Rm 1</p> <p>11:30 Senior Swim Pool</p> <p>5:00 Table Tennis Gym</p>	<p>25</p> <p>9:15 AHOY Gym</p>
<p>26</p>	<p>27 8:15 SAIL Balance Class Gym</p> <p>8:15 Senior Swim Pool</p> <p>9:15 AHOY Gym</p> <p>10:00 Honey Bee Helpers Rm 1</p> <p>10:00 Water Arthritis Class* Pool</p> <p>10:30 Soul Sliding Class** Gym</p> <p>2:00 Senior Swim Pool</p> <p>4:30 Water Aerobics* Pool</p> <p>5:00 T.O.P.S. Meeting Rm 2</p> <p>5:30 AHOY Boot Camp Gym</p> <p>6:00 Grief Support Group Rm 2</p> <p>6:00 Aqua Fit Class* Pool</p>	<p>28 8:30 Senior Swim Pool</p> <p>9:15 Cardio Sculpt Class Gym</p> <p>10:00 Estate Planning Seminar Rm 1</p> <p>10:30 Chair Yoga Gym</p> <p>11:00 Water Arthritis Class* Pool</p> <p>11:30 Yoga on the Mat Rm 2</p> <p>1:00 Ballroom Dance Class** Rm 2</p> <p>2:00 Senior Swim Pool</p> <p>5:30 Full Body/Strength Class Gym</p> <p>5:45 Aqua Fit Class* Pool</p> <p>6:15 Beginner Zumba Gym</p>				