## Smith Senior Center — FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>A.H.O.Y.</u>			1 8:15 SAIL Balance Class	Gym <b>2</b> 9 am-6 pm AARP Tax Service*	<b>3</b> 10 am-6 pm AARP Tax Service*	4
Smith Senior Center M, T, W, Th, S 9:15 am			8:15 Senior Swim	Pool 8:30 Strength for Balance Class Gym	9:15 Chair Yoga Gym	9:15 AHOY Gym
M, W 5:30 pm			9:15 AHOY	Gym 8:30 Senior Swim Pool	10:00 Water Arthritis Class* Pool	
Lewis Center M, W, F 9:15 am			10:00 Shades of Ireland Slideshow	Rm 1 9:15 Cardio Sculpt Class Gym	10:00 Bocce/Horseshoes Outside	
Leonard Center M, W, F 10:30 am			10:00 Table Tennis	Rm 2 10:00 Logal Services* Bm 1	10:00 Cornhole/Shuffleboard Gym	
Brown Center Tu, Th 9:15 am			10:00 Basketball Open Play 10:00 Water Arthritis Class*	Gym10:00Legal ServicesKin IPool10:00Cards & GamesLounge	10:30 Yoga on the Mat Rm 1	
Peeler Center Tu, Th 10:30 am			12:15 Soul Sliding Class**	Gym 11:00 Water Arthritis Class* Pool	-	
Griffin Center Tu, Th, S 10:30 am			1:00 Quilting Club	Rm 1 2:00 Senior Swim Pool	11:30 Senior Swim Pool	
Lindley Center Tu, Th 2:15 pm			1:00 Writing Class*	Rm 2 5:15 Yoga on the Mat Rm 2	5:00 Table Tennis Gym	
			2:00 Senior Swim	Pool 5:45 Aqua Fit Class* Pool	5.00 Table Tennis Gym	
			4:30 Water Aerobics*	P00I		
			5:30 AHOY Boot Camp 6:00 Aqua Fit Class*	Gym Pool		
5	6 8:15 SAIL Balance Class	Gym 7 8:30 Senior Swim	Pool 8 8:15 SAIL Balance Class		10 10 am-6 pm AARP Tax Service*	11
5	8:15 Senior Swim	-			•	
	9:15 AHOY	Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga		Pool 8:30 Strength for Balance Class Gym Gym 8:30 Senior Swim Pool	9:15 Chair Yoga Gym	9:15 AHOY Gym
Enjoy coffee in the Lounge	10:00 Honey Bee Helpers	Pm 1	10.00 Adult Coloring Books*	Bm 1	10:00 Water Arthritis Class* Pool	
Monday - Friday		Rm 2	POOI 10:00 Table Tennis	Rm 2	10:00 Bocce/Horseshoes Outside	
9 am - 12 noon	10:00 Water Arthritis Class*	Pool 11:30 Birthday Potluck & Bingo	10.00 Basketball Open Flay	Gym 10:00 Computer Seminar Rm 1	10:00 Cornhole/Shuffleboard Gym	
	10:30 Soul Sliding Class**	Gym 11:30 Yoga on the Mat	Rm 2 10:00 Water Arthritis Class*	Pool 10:00 Cards & Games Lounge	10:30 Yoga on the Mat Rm 1	
	2:00 Senior Swim	Pool 1:00 Ballroom Dance Class**	Rm 2 12:15 Soul Sliding Class**	Gym 11:00 Water Arthritis Class* Pool	11:30 Yoga on the Mat Rm 1	
	4:30 Water Aerobics*	Pool 2:00 Senior Swim	Pool 1:00 Quilting Club	Rm 11:30 Osteoporosis GroupRm 1	11:30 Senior Swim Pool	8:00 Greensboro Social Dance—
	5:00 T.O.P.S. Meeting 5:30 AHOY Boot Camp	Rm 2 Gym 5:30 Full Body/Strength Class	Gym 2:00 Senior Swim 4:30 Water Aerobics*	Pool 2:00 Senior Swim Pool	12:00 Booked for Lunch Club Rm 1	Lewis Rec. Center
	6:00 Grief Support Group	Rm 2 5:45 Aqua Fit Class*	Pool 5:30 AHOY Boot Camp	Gym 5:15 Yoga on the Mat Rm 1	5:00 Table Tennis Rm 1	
	6:00 Aqua Fit Class*	Pool 6:15 Beginner Zumba	Gym 6:00 Aqua Fit Class*	Pool 5:45 Aqua Fit Class* Pool	7:00 - 10:00 Valentine's Dance	
12	13 8:15 SAIL Balance Class	Gym 14 8:30 Senior Swim	Pool 15 8:15 SAIL Balance Class	Gym 16 9 am-6 pm AARP Tax Service*	17 10 am-6 pm AARP Tax Service*	18
	8:15 Senior Swim	Pool 9:15 Cardio Sculpt Class	Gym 8:15 Senior Swim	Pool 8:30 Strength for Balance Class Gym	9:15 Chair Yoga Gym	
*Registration Required		Gym 10:30 Chair Yoga	Gym 9:15 AHOY	Gym 8:30 Senior Swim Pool	10:00 Water Arthritis Class* Pool	
**Drop-in Fee Required		R <sup>m 1</sup> 11:00 Water Arthritis Class*	Pool 10:00 Landlord and Tenant Rights	Rm 1 9:15 Cardio Sculpt Class Gym	10:00 Bocce/Horseshoes Outside	
	10:00 Water Arthritis Class*	Pool <b>11:30 Yoga on the Mat</b>	Pm 2 10:00 Table Tennis	Rm 2 10:00 Cards & Camos Loungo	-	
	10:30 Soul Sliding Class**	Gym 11.50 Toga off the Mat	Rm 2 10:00 Water Arthritis Class*		-	
	2:00 Senior Swim	Pool 1:00 Valentine's Day Social	Rm 1 10:00 Basketball Open Play	Gym 11:00 Water Arthritis Class* Pool	10:30 Yoga on the Mat Rm 1	
	4:30 Water Aerobics*	Pool 1:00 Ballroom Dance Class**	Gym 12:15 Soul Sliding Class** Pool 1:00 Quilting Club	Gym 12:00 Prepare a Home to Sell* Rm 1	11:30 Yoga on the Mat Rm 1	
	8	Rm 2 2:00 Senior Swim	2:00 Conjor Swim	Rm 12:00Senior SwimPoolPool5:15Yaga on the MatPm 1	11:30 Senior Swim Pool	
	5:30 AHOY Boot Camp	Gym 5:30 Full Body/Strength Class	4.30 Water Aerobics*	Pool	1:00 Movie: "The Jungle Book" Rm 1	
		Rm 2 5:45 Aqua Fit Class*	5:30 AHOY Boot Camp	Rm 2 5:45 Aqua Fit Class* Pool	5:00 Table Tennis Gym	
	6:00 Aqua Fit Class*	Pool 6:15 Beginner Zumba	Gym 6:00 Aqua Fit Class*	Pool		
19	20	<b>21</b> 8:30 Senior Swim	Pool 22 8:15 SAIL Balance Class	Gym <b>23</b> 9 am-6 pm AARP Tax Service*	24 10 am-6 pm AARP Tax Service*	25
	8:15 SAIL Balance Class	Gym 9:15 Cardio Sculpt Class	Gym 8:15 Senior Swim	Pool 8:30 Strength for Balance Class Gym	9:00 Sanford Trip Sign-ups	9:15 AHOY Gym
	8:15 Senior Swim	Pool 9:30 Bingo	<b>Rm 1</b> 9:15 AHOY	Gym 8:30 Senior Swim Pool	9:15 Chair Yoga Gym	
	9:15 AHOY	Gym 10:30 Chair Yoga	Gym 10:00 Adult Coloring Books*	Rm 1 9:15 Cardio Sculpt Class Gym	10:00 Bocce/Horseshoes Outside	
	10:30 Soul Sliding Class**	Gym 11:30 Yoga on the Mat	Rm 2 10:00 Table Tennis	Rm 2 10:00 Cards & Games Lounge	10:00 Cornhole/Shuffleboard Gym	
	-	Pool 11:30 Lunch Bunch*	Van 10:00 BP & Glucose Checks	Lounge 2:00 Senior Swim Pool	10:30 Yoga on the Mat Rm 1	
		m 1 1:00 Ballroom Dance Class**	Rm 2 1:00 Quilting Club	Gym2:00Senior Swinn100Rm 15:15Yoga on the MatRm 1	11:30 Yoga on the Mat Rm 1	
	-	Gym 2:00 Senior Swim	Pool 12:15 Soul Sliding Class**	Gym	11:30 Senior Swim Pool	
	•	Rm 2 5:30 Full Body/Strength Class	Gym 2:00 Senior Swim	Pool	5:00 Table Tennis Gym	
		6:15 Beginner Zumba	Gym 5:30 AHOY Boot Camp	Gym		
26	27 8:15 SAIL Balance Class	Gym 28 8:30 Senior Swim	Pool			
	8:15 Senior Swim	Pool 9:15 Cardio Sculpt Class	Gym			
	9:15 AHOY	Gym 10:00 Estate Planning Seminar	Rm 1			
	10:00 Honey Bee Helpers	Rm 1 10:30 Chair Yoga	Gym			
	10:00 Water Arthritis Class*	Pool 11:00 Water Arthritis Class*	Pool			
	10:30 Soul Sliding Class** 2:00 Senior Swim	Gym 11:30 Yoga on the Mat	Rm 2			
	4:30 Water Aerobics*	Pool 1:00 Ballroom Dance Class** Pool 2:00 Senior Swim	Rm 2			
			Pool			
	5:30 AHOY Boot Camp	Sisu Full Body/Strength Class	Gym			
	6:00 Grief Support Group	Gynn 5:45 Aqua Fit Class*   Rm 2 6:15 Beginner Zumba	Pool			
		6.15 Doginner Zumba	Gym			