


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>REGULARLY SCHEDULED EVENTS EVERY WEEK</b>				
9:30 YARN CLASS 10:00 EXERCISE CLASS 11:00 GLORIA'S SEWING CLASS 12:00 LUNCH PROGRAM 12:45 SHOP RITE 2:00 LINE DANCING	9:30 YARN CLASS 10:00 EXCHANGE STORE OPEN 10:00 EXERCISE CLASS 10:30 ADELL'S QUILTING CLASS 11:00 TAI CHI CLASS 12:00 LUNCH PROGRAM 1:30 PRAISE MOVES YOGA	9:30 YARN CLASS 10:00 EXCHANGE STORE OPEN 10:00 GLORIA'S SEW EASY CLASS 10:00 EXERCISE CLASS 10:30 HEAVEN SENT MASSAGE 12:00 LUNCH PROGRAM 1:30 JEWELRY MAKING CLASS	9:30 YARN CLASS 10:00 EXCHANGE STORE OPEN 10:30 ADELL'S QUILTING CLASS 10:30 BINGO AT CENTER 12:00 LUNCH PROGRAM 1:00 BELLY DANCING 2:00 BALL ROOM DANCING	10:00 PLFD HEALTH DEPT. 10:30 ADELL'S QUILTING CLASS 10:45 PRAISE MOVES YOGA 12:00 LUNCH PROGRAM 12:00 MILLINERY CLASS 2:00 LINE DANCING

## & FEBRUARY 2017 IS WOMEN'S HEALTHY HEART MONTH &

NATIVE AMERICAN: ⇨	IF WE WONDER OFTEN	<u>SIGN UP FOR VAN TRIPS 1</u> 10:30 MAYOR'S MEETING 12:00 BHM - TRIVIA 1:00 EXECUTIVE POOL CLUB  <b>THE GIFT OF KNOWLEDGE</b>	<u>2</u> 10:30 BINGO AT CENTER 12:00 BHM - TRIVIA  <b>WILL COME.</b>	<u>3</u> 10:45 PRAISE MOVES YOGA 12:00 BHM - TRIVIA 12:30 BHM - CINEMA  <b>-ARAPAHO-</b>
<b>HEALTHY HEART DAY 6</b> 9:00 AARP TAXES BEGINS 12:00 BHM - TRIVIA 12:45 SHOPPING: SHOPRITE  NATIVE AMERICAN: ⇨	<u>7</u> 10:00 DR. DAVE - FOOT DR. 12:00 BHM - TRIVIA  <b>ALL DREAMS</b>	<u>8</u> 10:30 MEMOIR WRITING 11:00 ATTY ANDREW BARON 12:00 BHM - TRIVIA 1:00 BIOLOGY CLASS  <b>SPIN OUT FROM</b>	<u>9</u> 10:30 BINGO AT CENTER 12:00 BHM - TRIVIA  <b>THE SAME WEB.</b>	<u>10</u> 10:45 PRAISE MOVES YOGA 12:00 BHM - TRIVIA 12:30 BHM - CINEMA 1:00 DRAMA CLASS  <b>-HOPI-</b>
<u>13</u> 10:30 BLOOD PRESSURE 11:00 VALENTINES DAY CELEBRATION 12:00 BHM - TRIVIA 12:45 SHOPPING: SHOPRITE  NATIVE AMERICAN: ⇨	<u>14</u> 10:30 MEMBERSHIP MEETING 11:45 EXERCISE CLASS 12:00 BHM - TRIVIA 1:00 SENIOR POOL CLUB 2:30 TAI CHI CLASS  <b>ASK QUESTIONS FROM</b>	<u>15</u> 11:00 SUNSHINE CLUB 11:00 SEWING ROOM MEETING 12:00 BHM - TRIVIA  <b>YOUR HEART AND YOU</b>	<u>16</u> 10:30 BINGO AT CENTER 12:00 BHM - TRIVIA 4:00 SIZZLING THURSDAY SENIOR POOL CLUB SOCIAL  <b>WILL BE ANSWERED FROM THE HEART.</b>	<u>17</u> 10:45 PRAISE MOVES YOGA 12:00 BHM - TRIVIA 12:30 BHM - CINEMA 6:00 BWW FUNDRAISER <b>SATURDAY 18</b> CENTER CLOSED  <b>-OMAHA-</b>
<b>CENTER CLOSED IN OBSERVANCE OF PRESIDENTS'DAY</b>  NATIVE AMERICAN: ⇨	<u>20</u> 10:00 ADVISORY BOARD FRIENDS OF THE CENTER <b>VAN TRIP</b> 11:00 FOOD BANK 12:00 BHM - TRIVIA  <b>EVERYONE WHO IS</b>	<u>22</u> 11:00 TRIP COMMITTEE 11:00 JEWISH FAMILY SVCS DIABETIC FOOT CARE 12:00 BHM - TRIVIA  <b>SUCCESSFUL MUST HAVE</b>	<u>23</u> 10:30 BINGO AT CENTER 12:00 BHM - TRIVIA  <b>DREAMED OF SOMETHING.</b>	<u>24</u> 10:45 PRAISE MOVES YOGA 12:00 BIRTHDAY PARTY 12:00 BHM - TRIVIA 12:30 BHM - CINEMA  <b>-MARICOPA-</b>
<u>27</u> 10:30 BLOOD PRESSURE 11:00 MACK CELEBRATION 12:00 BHM - TRIVIA 12:45 SHOPPING: SHOPRITE NATIVE AMERICAN: ⇨	<u>28</u> 11:00 BLACK HISTORY MONTH CELEBRATION 12:00 BHM - TRIVIA  <b>SEEK WISDOM NOT KNOWLEDGE</b>	          <b>KNOWLEDGE IS OF THE PAST.</b>	          <b>WISDOM IS OF THE FUTURE.</b>	          <b>-LUMBEE-</b>

**HOURS: MON., TUES., WED., & FRI.: 9 AM TO 5 PM; THURS.: 9 AM TO 8:30 PM; SAT.: 11:30 AM - 3:30 PM**

**ALL TRIPS ARE WEATHER PERMITTING. TUNE INTO COMCAST CHANNEL 96 OR VERIZON CHANNEL 34 FOR MORE DETAILS**