


February 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Senior-cize Fitness Class 8:30 am</p>	<p>3</p>	<p>4</p> <p>Senior-cize Fitness Class 8:30 am</p> <p>Choir Rehearsal 8:45 am</p> <p>Choir Performs at Sunrise Assisted Living 10:45 am</p>	<p>5</p> <p>Yoga 8:30 am</p>	<p>6</p> <p>Senior-cize Fitness Class 8:30 am</p>	<p>7</p> <p>Ringling Bros. & Barnum & Bailey Zing, Zang, Zoom Tour 12:30 pm – until (We'll be eating lunch before the 3:00 pm show.) COST: \$18.00</p>
<p>9</p> <p>Senior-cize Fitness Class 8:30 am</p> <p>B-I-N-G-O! Mark your calendars...BINGO will be the second Monday of each month. 9:30 am</p>	<p>10</p> <p>Piedmont Skills Matinee at the Civic Center "Cool Runnings" Senior Adult Volunteers needed to assist in serving snacks! 12:30 - until</p>	<p>11</p> <p>Senior-cize Fitness Class 8:30 am</p> <p>Choir Rehearsal 8:45 am</p>	<p>12</p> <p>Yoga 8:30 am</p> <p>Lunch Bunch to Palmetto Grill in Anderson...then on to Russell Stover Candy Outlet to purchase your Valentine Candy! 11:30 am</p>	<p>13</p> <p>Senior-cize Fitness Class 8:30 am</p>	<p>14</p> <div style="text-align: center;">  <p>Happy Valentine's Day!</p> </div>
<p>16</p> <p>Senior-cize Fitness Class 8:30 am</p>	<p>17</p> <p>Valentine's Day Luncheon 12 noon – until COST: \$5.00</p>	<p>18</p> <p>Senior-cize Fitness Class 8:30 am</p> <p>Choir Rehearsal 8:45 am</p> <p>Blood Pressure Screening 9:30 am – 12 Noon</p>	<p>19</p> <p>Yoga 8:30 am</p> <p>Lunch & Learn Lunch: Homemade Potato Soup Learn: Making a fleece scarf with NO SEWING! ☺ 12:30 pm - until Cost: \$5.00</p>	<p>20</p> <p>Senior-cize Fitness Class 8:30 am</p>	<p>21</p>
<p>23</p> <p>Senior-cize Fitness Class 8:30 am</p>	<p>24</p>	<p>25</p> <p>Senior-cize Fitness Class 8:30 am</p> <p>Choir Rehearsal 8:45 am</p>	<p>26</p> <p>Yoga 8:30 am</p>	<p>27</p> <p>Senior-cize Fitness Class 8:30 am</p>	<p>28</p>

PLEASE NOTE THE FOLLOWING:

- The Activities Center is open for your convenience Monday – Friday from 7 am – 11 am. We would like to encourage all of our senior adults to utilize the facility during these hours.
- The City is making an effort to encourage its employees to utilize the facility during the noon hour...we want to make sure the equipment is readily available for those who only have 1 hour for lunch!
- The Recreation Department is working with some of our wheelchair residents to develop a wheelchair tennis team. Some of you have noticed that this group is using the gym on Monday and Friday from 12 noon – 2:30 pm to train. Again, help us accommodate this group by utilizing the facility during your allotted hours.
- Believe it or NOT...We really are renovating the kitchen and large meeting room. It looks as though we're at a standstill, but we have architects and designers putting together a plan that will really amaze you!
- We have new t-shirts coming your way for the New Year! Can't wait for you to see them...Costs and more information will be forthcoming.