












<p>9:15 Chair Exercise(tv) 10:00 Walking Group 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch- Inside or Grab N Go \$3.50 donation 12:30 Cards</p>	<p>9:30 Low Impact Aerobics 10:00 Crafts/Crochet 10:30 Arthritis Class 12:00 Soup & Sandwich \$3.50 donation 12:30 Cards, Chess or Scrabble</p>	<p>9:00 Chair Exercise(tv) 10:00 Walking Group 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3.50 donation 1:00 Euchre/ Gametime Stretching class</p>	<p>9:30 Low Impact Aerobics 10:00 Crochet 12:30 Mahjonn 1:00 Yoga Income Tax Appointments</p> <p>AARP</p>	<p>9:15 Chair Exercise(tv) 10:00 Walking Group Book Club/Sewing 11:00 Standing Strong w/Trevor /Young at Heart Fitness 1:00 Cards/Bocce/Cornhole</p> <p><i>*All regular scheduled programs listed will run unless noted.</i></p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Monthly Birthday Sponsored by the Gables.</p>	<p>1 Project Council AARP Tax Assistance begins. Thursdays Feb.-April. Call for an appointment. 334-4030</p>	<p>2 11:00 Standing Strong 12:00 Chili Bar 1:00 Superbowl Talk w/Newsourc 13 Mike & Jenna 1:00 Cornhole League</p>
<p>5 Walmart (W) 10-Diamond Dots w/David. Display and instruction. 11:00 Blackjack w/Jim 1:00 Tai Chi</p>	<p>6 9am AAA Defensive Driving Class-FULL 10:00 Crafts-Mardi Gras decoration</p> 	<p>7 Walmart (E) 10am Eldersource info counselor 11:00 Alzheimer's Association-10 warning signs Gametime: XOXO Trivia</p>	<p>8 Trip: Hitmakers at the JCC 9am AAA Defensive Driving Class-FULL 1:00 Yoga AARP Tax Appointments</p> 	<p>9 9:00 Chair Exercise 10:30 Meditation with Marion 1:00 Cornhole League</p>
<p>12 Wegmans(W) 11:00 Eclipse Talk by NASA Ambassador-Jim Porter 1:00 Billards</p>	<p>13 10am Crafts  12:30 Movie & Popcorn.... </p>	<p>14 Wegmans(E) Valentine's Day Party 12:15 Music by Michael Borrell Gametime: BINGO County Exec. Adam Bello visits</p>	<p>15 10:00 Crochet 10:30 Mexican Train 12:30 Mahjong 1:00 Yoga AARP Tax Appointments</p>	<p>16  10:00*NEW*Watercolor with Susan Carmen-Duffy DEAR(Deaf Elders of Roch) 11:00 YAHF exercise- interpreter provided. 1:00 Cornhole League</p>
<p>19 Trip: Batavia Downs  Center Closed</p>	<p>20 10:00 Crafts-St. Patrick's decoration. 1:00 Penny Poker w/ Jim</p>	<p>21 Tops (E & W) Gametime: Blast from the Past 1:00 Stretching with Joanne 2:00 Line Dance w/ Bob</p>	<p>22 Trip: Breakfast w/Boys-Golden Fox 10:00 Crochet 10:30 Mexican Train 12:30 Mahjong 1:00 Yoga AARP Tax Appointments</p>	<p>23 9am Breakfast 10:00 Book Club-"43 Windthorne Rd." by Joanne Insull 11:00 Standing Strong w/Trevor 1:00 Cornhole League</p>
<p>26 Aldi(W) 12:30 Tech Help with Laura HPL 1:00 Tai Chi</p>	<p>27 10:30 Technology Class w/ Daniel Jones</p>	<p>28 Aldi (E) Gametime: Wikipedia 2:00 Cornhole Happy Hour</p>	<p>29 10:00 Crochet 10:30 Mexican Train 12:30 Mahjong 1:00 Yoga AARP Tax Appointments</p>	<p>"There is no remedy for love but to love more." -Henry David Thoreau </p>