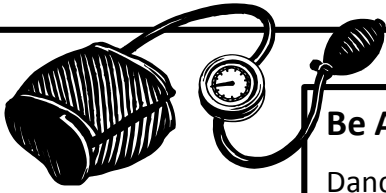


Be Healthy:

Blood Sugar Checks: 2nd Thursday – 10:30 to 11:30 am (L)
 Healthy Heart Cooking Class: 2nd Thursday – 2:30 pm (DH)
 Memory Screening: 2nd Monday – 9:00 to 11:30 am (2)*
 Mini Health Clinic: Last Thursday – 10:00am to 12:00pm (L)

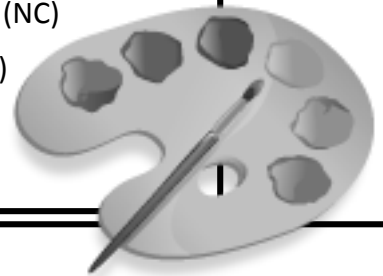
Be Supported:

AA: Wednesdays - 7:30 pm (DH)
 Caregivers Support: Wednesdays – 12:30 pm (7)
 Diabetic Support: Mondays – 9:30 am (6)
 Hearing Loss Support: 1st&3rd Monday – 2:00pm (2)
 Low Vision Support: 2nd & 4th Monday – 2:00 pm (2)



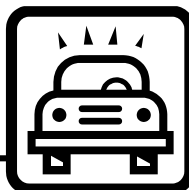
Be Active:

Dance Fusion: Mondays – 9:30 am & Thursdays – 10:30 am (SH)
 Italian Folk Dancers: Thursdays – 7:30 pm (DH)
 Laughter Yoga: Fridays – 9:30 am (L)
 Line Dancing (Beginners): Tuesdays – 10:30 am (SH)
 Line Dancing (Intermediate): Fridays – 10:30 am (SH)
 Strength Training & Aerobics: Mondays & Thursdays – 1:00 pm (DH)
 Tai Chi (Beginners & Advance): Tuesdays & Thursdays – 9:00 am (RC)
 Tai Chi for Seniors: Tuesdays & Thursdays – 10:00 am (NC)
 These Joints are Jumping: Wednesdays – 2:30 pm (SH)
 Yoga: Wednesdays – 10:30 am (SH)
 Yoga (Chair): Mondays – 11:00 am (SH)



Be Helped:

Community Law Program: 3rd Friday – 9:30 am (2)**
 Phones for Hearing Impaired: 3rd Tuesday–9:30 am (7)***
 SHINE: 1st & 3rd Tuesday – 12:30 to 3:00 pm (3)*
 Senior Help Line: 800-963-5337



Be Creative:

Art (Open Studio): Mondays – 2:00 pm (6)
 Art (Watercolor): Wednesdays – 1:00 pm (6)
 Art (Workshop): Thursdays – 9:00 am (6)
 Harmonica Club: Wednesdays – 9:00 am (6)
 Improv & Storytelling: Mondays – 5:30 pm (7)
 Knitting & Crocheting: Fridays – 9:00 am (DH)
 Writers Workshop: Fridays – 9:30 am (6)
 Quilters: Tuesdays – 10:00 am (6)



Be Fun:

Bingo: Fridays – 1:00 pm (DH)
 Board Games: Mondays – 1:00 pm (7)
 Bridge: Tuesdays(DH)&Thursdays(L) – 2:00 pm
 Canasta: Wednesdays – 6:30 pm (7)
 Pinochle: Wednesdays – 6:30 pm (6)
 Chat Room:1: Fridays – 1:30 pm (6)
 Euchre: Tuesdays – 6:30 pm (DH)
 Happy Birthday Party: 4th Friday – 3:00 pm (DH)
 Movie Day at the Snack Bar: 2nd Tuesday – 11:00 am (7)
 Super Savers – Coupon Club: Fridays – 11:30 am (SB)
 Wii Bowling: 1st & 3rd Tuesday – 6:30 pm (6)
 Wii Bowling (Competitive Team): Thursdays–1:00pm(6)

Be Smart:

AARP Safe Driving Class: 1st & 2nd Tuesday – 1:00 pm (6)
 Coffee Club(Investment Group):1st Tuesday–10:00am (7)
 Computer Class (Beginners): Tuesdays – 2:00 pm (7)*
 Computer Class (Advanced): Wednesdays–2:00 pm (7)*
 Investment Discussion: Wednesdays – 10:00 am (7)
 Italian Classes: Thursdays–6:00 pm & 7:00 pm (2,6,7,DH)
 Mah-Jongg Instruction: Mondays – 12:00 pm (7)
 Spanish Class: Thursdays – 9:30 am (7)



* MUST call 727-893-5657 to schedule Room 102
 ** MUST call 727-582-7480 to qualify 3 = Room 103
 *** MUST call 727-399-9983 to qualify 6 = Room 106
 7 = Room 107

L = Theater Lobby SH = Scout Hall
 DH = Dining Hall RC = Recreation Center
 SB = Snack Bar NC = Neighborhood Center