

February 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sat</i>
<p>Valentine's Day: February 14</p> <p>Shrouded in mystery and controversy, the origins of Valentine's Day include speculation that it is a Christian substitute for ancient Roman fertility rites, and it may or may not have to do with one (or more) early Christian martyrs named Valentine.</p> <p>Formal messages, or valentines, appeared in the 1500s, and commercially printed cards were available by the late 1700s. By the mid-1800's, the first commercial valentines in the United States were printed. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. In some locations, the avian mating season begins in mid-February, so birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.</p>					<p>Feb 1 Sat</p> <p>10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p>
<p>Feb 3 Mon 7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling/Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong 2:30 Cribbage</p>	<p>Feb 4 Tues 7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together* 1:00 Movie/Living Room 1:00 Bridge 1:30 Creative Writing 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Feb 5 Wed 7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, and conversation 10:00 Qigong 12:00 Welcome Wednesday* 1:00 Senior Swingers</p>	<p>Feb 6 Thurs 7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle 2:15 Book Club</p>	<p>Feb 7 Fri 7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 9:00 Bowling/Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room 1:00 Handmade Cards</p>	<p>Feb 8 Sat</p> <p>10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p> <p>Valentine-making workshop 10:30am-12:00pm Free materials & instructions</p>

Feb 24 Mon	Feb 25 Tues	Feb 26 Wed	Feb 27 Thurs	Feb 28 Fri	Feb 29 Sat
7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling/Yankee Lanes 1:00 Chair Yoga 1:30 Ping-Pong 2:30 Cribbage	7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together* 1:00 Movie/Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting	7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, and conversation 10:00 Qigong 12:00 Welcome Wednesday* 1:00 Senior Swingers	7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle	7:00 Walking/Rec Ctr. 8:30-4:30 Gym Open 9:00 Bowling/Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room	10:00 am—2:00 pm Open gym, ping- pong, pool, games, movie Super Saturday lunch* thrift shop open. Leap Day Film: Pirates of Penzance! 10:00am-12:00pm