

WOODBURY SENIOR CENTER REPORTER



FEBRUARY 2022

Mission Statement: The Woodbury Senior Center will serve as a community focal point providing information, programs, services and links to promote independent living for adults at least 60 years of age.

FROM THE DIRECTOR'S DESK

Being a "word" person, I like the practice where people choose a personal word to motivate and guide them through the year. Well, friends, my first thought in 2022 was "does tired count?" with a sheepish shrug of my shoulders. Wanting a more motivational word led me to one of my favorite poems, "For One Who is Exhausted: A Benediction" by John O'Donohue. (If you don't know it, I hope you'll look it up; it's worth it). Near the end is a line that says "...be excessively gentle with yourself", and there it was, waiting for me. My word this year is "gentle". I'm going to be gentle with myself this year, knowing that I am doing the best I can in difficult times. I'm going to sleep more and drink more water and go gentle on myself. I hope you'll be gentle this year too. A wonderful man I know is always telling people "You are doing a good job". Friends, you are. We all are doing a good job in difficult times. I do hope you will be gentle with yourself, your neighbors, and your world. Find light and laughter where you can, let nature slip into your life, and get lots of sleep and water. Be gentle with yourself. You are doing a good job. — *Lorynn*

COVID PROTOCOLS UPDATE

Thanks for helping us all stay safe and healthy by wearing your mask when you are here. We know it's not easy. We will keep you informed as mask policies may change per the advice of the public health director.

- If you are feeling unwell or have any cold or flu symptoms, please do not come to the Center. We will work with you on necessary cancellations.
- We are cleaning surfaces frequently and airing out rooms regularly. Air purifiers are in use as well.
- We are staggering programs and attendance so the building is never crowded, while still offering in-person programs.
- Curbside service is still available for those who need to pick something up and who are not able to come inside. Please call ahead for assistance.

Thank you for your good humor and patience!

FEBRUARY HOLIDAY CLOSINGS

The Center will be closed on **Friday, February 11** for **Lincoln's Birthday** and on **Monday, February 21** for **Washington's Birthday**.



Happy
Valentines
Day



VALENTINE'S DAY GRAB AND GO BREAKFAST

Monday, February 14 from 9 to 9:30 am

Cost: \$3

Break up the monotony of winter mornings with our Grab and Go Valentine's Day Breakfast! Each breakfast includes a hot breakfast sandwich, hash browns, juice and hot beverage, as well as a Valentine's Day surprise.

At sign up, let us know if you want egg and cheese; bacon, egg and cheese; or sausage egg and cheese on your sandwich. You must sign up by February 8.

AARPSM
Tax-AideTM

Mondays from 10 a.m. to 2 p.m.
starting February 7 - by appointment only
Call the Center at 203-263-2828 for details and appointments. Appointments are limited.



WINTER WEATHER POLICY

The Woodbury Senior Center handles winter weather independently.
We are often open even when Region 14 schools are closed.

Please follow these instructions: should inclement weather occur, watch and listen for announcements on the following television and radio stations: WFSB - Channel 3, WTNH - Channel 8, and NBC-30 - Channel 6, along with WTIC AM/FM radio. You may also check our website for updated information. Most of all - use your best judgment when traveling on roads covered with ice and snow.

GRAB AND GO CONGREGATE MEALS

New Opportunities, Inc. has brought back Congregate Lunches as a Grab-and-Go option for seniors. This allows you to enjoy a Senior Dine style main meal of the day as a grab and go portion. Lunches will be available on Tuesdays and Thursdays, with pick up at the Center from 11 to 11:30 a.m. Each day there will be a choice of two entrees and you must choose one at sign up. All meals will be served with multigrain bread and fresh fruit and yogurt. Thank you to Annoula’s Restaurant for making this option available for our congregate diners!



The suggested donation for this program is \$3.50 per meal. Please make checks payable to Senior Nutrition Services. You can sign up for one or more days. Call the Senior Center at 203-263-2828 to sign up for the dates you would like to pick up your meal. The deadline is **THURSDAY** of each week for ordering the next week’s meals, or you can reserve your meals for the month in one phone call; it’s up to you.

FEBRUARY MENU

Tuesday, February 1 - Mediterranean Chicken, roasted potato, vegetable **OR** American Chop Suey, small salad

Thursday, February 3 - Chicken Pot Pie, vegetable **OR** Chopped Sirloin with mushroom gravy, potato, small salad

Tuesday, February 8 - Baked Macaroni & Cheese, small salad **OR** Greek Salad Plate

Thursday, February 10 - Pasta Bolognese, small salad **OR** Chicken Pot Pie, vegetable

Tuesday, February 15 - Chicken Francese, roasted potato, vegetable **OR** Chopped Sirloin with mushroom gravy, roasted potato, vegetable

Thursday, February 17 - Chicken Gyro, roasted potato, small salad **OR** Shepherd’s Pie, veg

Tuesday, February 22 - Meatloaf, vegetable , potato **OR** Mediterranean Chicken, potato, salad



Thursday, February 24 - Spinach Salad Plate **OR** Chicken Marsala, mashed potato, vegetable

Congratulations to the winners of the First Day of Winter Bowl Cozy Giveaway



- Peter Kingman
- Nellie Daversa
- Ruth Collins
- Beverly Albert
- Susan Windesheim
- Lois Mosel

MEMORIAL SERVICE FOR

BOB HUGHES

Saturday, February 12 at 2 p.m.
North Congregational Church, Woodbury



The Federal Government is providing free at-home covid tests to US residential households. Place Your Order for up to 4 free at-Home COVID-19 tests at:

Covidtests.gov

Residential households in the U.S. can order one set of 4 free at-home tests from USPS.com.

Here’s what you need to know about your order:

- Limit of one order per residential address.
- One order includes 4 individual rapid antigen COVID-19 tests.
- Orders will ship free starting in late January.

If you don’t have a computer or need help ordering, please call the Center and we can help you over the phone.



HOT JAZZ ON A COLD WINTER’S DAY

Tuesday, February 22 at 2:30 p.m.

Get in the Mardi Gras mood with live music by the Blue River Jazz Band. The Blue River Jazz Band plays America’s traditional, classic, “hot” jazz and swing music from the early 20th century. The band features fabulous music from New Orleans, along with songs written and made famous by great jazz artists like Louis Armstrong, Sidney Bechet, Duke Ellington, Count Bassie, Lester Young, Fats Waller and many, many more. Enjoy early jazz on a cold winter’s day, and take home a praline for your own Mardi Gras celebration. Sign up as space is limited.



SENIOR LEARNING NETWORK (SLN)

All programs begin at 2 p.m. in person at the Senior Center.
Limited to 9 people per program – please sign up.



Tuesday, February 1

Ulysses S. Grant National Historic Site

Will the real Ulysses S. Grant please stand up? As the nation celebrates Ulysses S. Grant's 200th birthday in 2022, popular interest in the Civil War general and two-term president is at an all-time high. However, popular stereotypes about Grant's personal characteristics and life experiences remain within popular memory. Was Grant an uncaring general who had no regard for his troops? Was he an alcoholic who engaged in destructive behavior? In this presentation, Park Ranger Nick Sacco (Ulysses S. Grant National Historic Site) looks to address various claims about Grant and uncover the characteristics of a deeply complex person who faced serious challenges during his lifetime.

Tuesday, February 8

National Portrait Gallery - It's Presidents' Month!

Presidential Portraits

In honor of Presidents' Month, we will once again visit the National Portrait Gallery! The nation's only complete collection of presidential portraits outside the White House, this exhibition lies at the heart of the Portrait

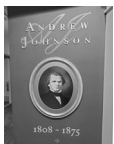


Gallery's mission to tell the American story through the individuals who have shaped it. Having designed a fresh exhibition layout for "America's Presidents," the Portrait Gallery has grouped the portraits into six historical chapters. Each of the first five sections is organized around a historical era and leads off with a presidential figure: Washington, Andrew Jackson, Abraham Lincoln, Theodore Roosevelt and Franklin Delano Roosevelt, while a sixth section examines the more recent history of the presidency. Updated content provides visitors with improved ways to understand historical events - both national and international - that coincided with the respective president's time in office.

Tuesday, February 15

Andrew Johnson National Historic Site

Nestled in a valley of eastern Tennessee sits a quaint town, Greeneville. This town was named after Nathanael Greene a Revolutionary War hero. The county took the same "Greene" name. Years later another famous soldier was born into these same hills, Davy Crockett was his name. Andrew Johnson our 17th president, born in North Carolina, moved to Greeneville when he was only a teenager and made this his home. Join us as we learn about this little known politician, who assumed the presidency upon the assassination of Abraham Lincoln.



Tuesday, February 22

**Agate Fossil Beds National Monument (Nebraska)
No Dinosaurs Here, Only Mammals!**

Join an Education Ranger as they introduce students to several species of mammals that once roamed the Nebraska plains during the Miocene epoch some 26-15 Million Years ago.



Learn about how climate change, geology and other environmental factors contributed to the evolution and extinction of these species. And some other fun facts as well!

IN-HOUSE OR VIRTUAL: HYBRID EXERCISE CLASSES



Fitness Fury with Susan on Zoom
Tuesdays from 11 to 11:45 a.m. and
Thursdays from 10 to 10:45 a.m.
February 1, 3, 8, 10, 15, 17, 22 & 24

Fitness Fury is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for the February session (8 classes) is \$27. You must sign up for the full session. Call the Center to sign up. We will need your email to send you the Zoom link.

Cardio Dance with Andrea - in person or on Zoom
Wednesdays and Fridays from 10 to 11 a.m.

February 2, 4, 16, 18, 23 & 25 (no class 2/8 and 11)

Great music and dance moves in this energetic class! The cost for the month of February (6 classes) is \$18. You must sign up for the full session. Call the Center to sign up. We will need your email to send you the Zoom link if you choose to take the class virtually.



Tai Chi with Susan - in person or on Zoom

Wednesdays, February 2, 9, 16 & 23 from 1:30 to 2:30 p.m.

The cost for the February session (4 classes) is \$20. Please call the Center to sign up and let us know if you choose to take the class virtually so we can send you the link.



IN-HOUSE EXERCISE CLASSES

Deep Stretch and Meditation Class with Jennifer
Mondays and Thursdays from 8:30 to 9:30 a.m.
February 3, 7, 10, 14, 17, 24 & 28 (no class 2/21)

This class is set to soothing music, low-impact stretching and breathing exercises designed to de-stress you physically and mentally while increasing flexibility. All levels of activity/fitness welcome. Dress comfortably and bring a mat. Cost for the February session (7 classes) is \$21. You must sign up for the full session. Sign up if you plan to attend!



Balance with Loryn (New Day!)

Thursdays from 11 to 11:45 a.m. - February 3, 10, & 17
Join Loryn for a jump start on regaining your balance. Free, but you must sign up.

NEW! Silver Age Chair Yoga

Tuesdays beginning Feb. 15 from 10 -11 a.m.

See details on Page 5; get in on this great new class!
FREE!

Be sure to bring a water bottle!





ALL ARE WELCOME HERE

Woodbury Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

TABLE TENNIS IS BACK!

Please call the Center for dates.
Please bring your own paddles.



THERAPEUTIC MASSAGE WITH ANDREA

Wednesdays, February 2 & 23

Fridays, February 4, 18 & 25

11 a.m. to 2:30 p.m. by appointment



All State protocols will be followed to ensure a safe and relaxing experience. Who has tight muscles after this past year? Who doesn't?!

30 minute massage - \$30

60 minute massage - \$55

Call the Center to book your appointment with Andrea.

AMERICAN RED CROSS BLOOD DRIVE AT THE SENIOR CENTER

Saturday, February 5 from 8 a.m. to 1 p.m.

Register by calling the American Red Cross at

1(800) REDCROSS or click onto

www.redcrossblood.org



HEALTH NOTICE – SYMPTOMS OF COLD AND ALLERGIES

Being aware of your own health and consideration of others is still needed. If you are experiencing symptoms of illness (coughing, sneezing, or fever, among others) please do

NOT come to the Center; you may be asked to leave. If you have allergy symptoms, we ask that you stay at home on days when symptoms are severe. Thank you for your cooperation.

Stay home when you are feeling sick.



MAH JONGG

We now have two different days of Mah Jongg:

Thursdays from 12:30 to 3:30 p.m.

and

Fridays from 9:30 to 11:30 a.m.



Let us know if you are interested.
Both groups welcome new players.



Reminder: Not all people can be around animals. Pets are not permitted inside the Center unless they are certified service animals at work.

WINTER TAKE HOME BAGS



These bags are full of opportunities to exercise your brain, your body and your mind.

Please call the center to sign up for a bag.

You must pick up your bag on **Friday, February 4.**

Quantities are limited, by sign up only.

Winter Olympics Connection

Most of us will enjoy watching the Winter Olympics beginning February 4, but none will be as excited as our own John White.

John, a senior center member and our building custodian, will be cheering on his grandson Joey Okesson, a member of the US Olympic Snowboard Team. Joey, from Southbury, is a specialist in the halfpipe – reaching heights as much as 25 feet in the air while twisting and turning, only to land on an icy slope and do it again! He's been doing great things in recent international competitions, and we, along with John and his family, are excited to see him in Olympic competition!



WINTER OLYMPICS CONTEST AND GIVEAWAY

Are you ready to settle in to watch some cold weather Olympic competition in international sports? Feeling like a champion yourself? If so, take a chance on this contest!

Make words from this phrase:

“Gold Medal Olympic Competition”.

No need to be fancy but write each word down; no duplicate words please! Turn in your handwritten answers to the Center by February 18. The person who supplies the most unique words will win a \$25 local grocery store gift certificate!



CANASTA

Tuesdays from 12 to 3:30 p.m.

All are welcome.

LADIES' BRIDGE

Thursdays, from 9:30 a.m. to 12 p.m.

New players are welcome.



PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO:

“TOWN OF WOODBURY”



CHECKS CANNOT BE ACCEPTED MADE OUT TO WOODBURY SENIOR CENTER



PAINTING CLASS WITH WENDY MUTTER
Rescheduled from January to
Wednesday, February 23 at 1 pm

Learn to paint this gorgeous landscape, perfect for brightening a winter day (and a winter wall!). Free class, but you must sign up. Maximum class size is 10. In person only. Call to sign up early.

VALENTINE'S DAY FLOWER ARRANGING
with the Pomperaug Valley Garden Club
Wednesday, February 9 at 10 a.m.

Make a flower arrangement to take home or to give for a gift. Members of the club will provide flowers, containers, inspiration and even snacks. Limited to 10 people.



Sign up now!

Ruth Bader Ginsberg; "I Dissent"
A live performance by Sheryl Faye of
"Historical Women Performances"
Tuesday, March 1 at 2:30 p.m.



Noted actress Sheryl Faye brings women of history to life in several one-woman shows. Join us as we kick off Women's History Month in March with her performance of Ruth Bader Ginsberg. Ruth Bader Ginsburg was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. She was the

second woman and the first Jewish woman ever appointed to the Court and became the longest serving Jewish Justice. She championed fairness and equality and objected to different expectations for men and women, prejudice against minority groups in places like hotels and restaurants and women having fewer job opportunities than men. Ruth served on the national board of the ACLU (American Civil Liberties Union) and launched The Women's Rights Project, she continued to be a leading voice for gender equality, women's interests and civil rights and liberties.

Ruth Bader Ginsburg's life continues to be one of achievement: as a lawyer, professor of law, a judge, and then a Supreme Court justice, she stands out because she was not afraid to dissent, disapprove and disagree with conditions of unfairness and inequality. This show is the inspiring story of how she changed her life - and ours.

This program is free, but seating is limited. Call to reserve your seat!

"Fight for the things that you care about, but do it in a way that will lead others to join you." ~ Ruth Bader Ginsburg

WRITING FROM THE INSIDE OUT
A Creative Writing Workshop on Zoom
Thursdays, February 10 – March 10 (5 weeks)
11 a.m. to 12:30 p.m.



Cost: \$25

Writing is a process of discovering what thoughts, feelings and stories lie within us. Writing encourages us to observe, explore, ask questions, listen and open our minds and hearts. Writing helps us live our lives in "widening circles" using words as the palette to join our inner and outer worlds.

In this class you'll experiment with a variety of exercises, techniques and ideas that will help you find the words, images and forms that express your unique style. Contact the center to sign up and be sure to give us your email; the Zoom link will be sent to your email.

Lin Northrup, M.Ed, is the author of Leela and the Forest of Light. She was an adjunct English professor at Naugatuck Valley Community College. Her private practice, Sacred Circle Healing Arts, integrates a holistic approach to wellness and creativity

Exciting New Free Class
SILVER AGE CHAIR YOGA!
Tuesdays, February 15 through May 17
(no class March 13)
10 to 11 a.m.



We are thrilled to announce a partnership with Yoga4Change, with a new chair yoga program starting at Woodbury Senior Center on Tuesday mornings this February. The instructors are specially trained in the Silver Age Yoga program, shown to boost balance, strength, flexibility and stress management. Also, our group classes bring neighbors together to have fun while we get fit! Everything you need will be provided for you on-site, and thanks to a grant, this session is offered FREE of charge.

The program will consist of an introductory session, followed by 11 weeks of yoga and 2 focus group sessions. This is an excellent opportunity for those who are looking to make connections and improve their health. Sign up!

In order to make this program work, participants are asked to commit to the full 13 week program.



PLEASE NOTE!

Balance Class Moves to Thursdays at 11 am beginning February 3.

We know many of our balance class participants will be interested in taking Silver Age Chair Yoga (and yes, you should!), so we are moving Balance Class to make that possible. Beginning February 3 class will be held at 11 a.m. Still free, still fun...be sure to sign up today!



SENIOR MINI BUS INFORMATION

As you may know, our senior bus is currently out of service. Fortunately we do have our minivan available for rides. The minivan holds up to 2 passengers and will be available for local shopping and doctor appointments. Please call the Center for a ride, and we will do our best to accommodate your needs.

BLOOD PRESSURE CLINIC RETURNS

**First and Third Tuesdays of the Month
Tuesdays, February 1 & 15**

10 to 11 a.m. by appointment at the Center

Get your blood pressure checked twice per month by a registered nurse from Pomperaug District Department of Health. FREE service, but no walk-ins at this time. Please call for an appointment.



Sarah Wirtes - Municipal Agent

203-263-4117

203-266-4310 (fax)

Sarah's Hours: Monday through Friday

9 a.m. to 4 p.m.

Email: SWirtes@woodburyct.org

Please call or email for an appointment

Sarah can help with all your applications - Medicare Savings Program; Medicaid; Medigap; nursing homes; Respite Care; Day Care; the Home Care Program (CCCI) and other services and benefits for seniors.

Notes from Sarah:

Energy Assistance

The federally-funded Connecticut Energy Assistance Program (CEAP) is designed to help low-income households pay their winter heating bills.

For Woodbury residents in need of Energy Assistance for the year 2021-2022. Those who use deliverable fuel (oil & gas) are urged to apply early. Several forms of documentation are required. A complete application packet can be found on the Town's website or can be picked up outside the Social Services Office. Please call Sarah if you are unsure if you are eligible and need income guidelines or need a further explanation on required documentation.

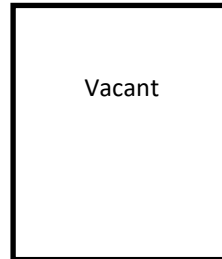
Lion's Club Eye Exam/Glasses Program

The Lions Club of Woodbury offers assistance for low-income seniors and families of Woodbury requiring aid in obtaining an eye exam and/or glasses. Anyone interested and in need of same, please contact Sarah Wirtes, Social Services Director and Municipal Agent, at 203-263-4117 for further information and qualification guidelines. These services as well as other sight and hearing related issues are provided free-of-charge by our local Lions Club philanthropic endeavors.

WOODBURY SENIOR CENTER STAFF



Loryn Ray
Director of Senior Services



Vacant



Karen Blanchet
Office Manager



Sarah Wirtes
Municipal Agent/
Social Services Director



Tom Davis
Senior Bus Driver



Nancy Gubiotti
Senior Bus Driver



John White
Custodian



Donna Cole
Senior Nutrition Services

281 Main Street South (mailing address)
265 Main Street South (physical address)
Woodbury, CT 06798
Phone: 203-263-2828
Fax: 203-266-4308

Email: SeniorCenter@woodburyct.org

Website: woodburyseniorct.org

Our newsletter is available on our website.

And "Like" us on Facebook at **Woodbury Senior Center**.

WE ARE NOW TAKING CREDIT CARD PAYMENTS!

For your convenience we are now taking credit card payments! Cash and checks are, of course, still accepted.



Heart Health & Nutrition Seminar

Friday, February 18 at 2 p.m.
at the Woodbury Senior Center. Please sign up.

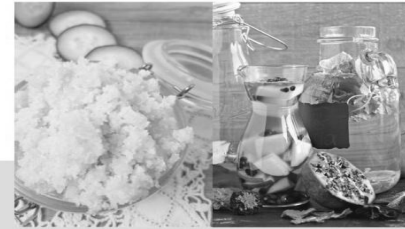
Learn How Diet & Exercise Can Safe Guard Your Heart as You Age



Presented By Dr. Jennifer L. Kolwicz
Candlewood Valley Health & Rehabilitation



The Wonderful Winter Body Scrub Making Event



A great winter program for Seniors to fight Winter dehydration inside and out! Create moisturizing body scrub and learn how to increase your water intake with gourmet infused water recipes.

Wednesday, March 2 at 2 p.m.
at the Woodbury Senior Center. Please sign up.



VALENTINE'S DAY CRYPTOGRAMS

Cryptogram puzzles are sentences or paragraphs that are encrypted with a letter substitution. In this case each cryptogram puzzle is related to Valentine's Day. Each puzzle uses a different letter substitution encryption. An example of a letter substitution encryption may be like this: The word VALENTINE could be encoded to XPQACWLBA if V=X, A=P, L=Q, etc... Find the right letter substitutions to solve these cryptogram puzzles. The answers are available in the office.

A FLOWER

ASW QWN QFEW VLE ASW YLJFQMAW YZFVWQ FY JWIGE, ASW QFDLI
CFNNWEE FY ZFJW. ASW BFZFQ QWN EALINE YFQ EAQFIC QFDLIAMB
YWWZMICE DLOMIC ASW QWN QFEW ASW YZFVWQ FY ZFJW LIN HWQYWBA
YFQ JLZWIAMIW'E NLT.

A VALENTINE SYMBOL

AGJHM HX K XBRLTW TZ NKWSDUHDS'X MKB LSAKGXS PS EKX UPS XTD TZ
NSDGX, UPS OTRKD FTM TZ WTNS KDM LSKGUB. AGJHM HX LSWHSNSM UT
GXS RKFHAKW KOOTEX UT KOTGXS ZSSWHDFX TZ WTNS.

A GIFT

ZVHGBMI IFR RZCULRMI JZURGILGR'M PZE BLNIM ARCR TZGPLRM. IFR VHMI
THVVHG ARCR TFHTHUZIRM LG FRZCI MFZQRP XHORM, AFLTF ZCR MILUU JRCE
QHQUZC IHPZE.

FEBRUARY 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 10-11 Blood Pressure Clinic 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 12-3:30 Canasta 2:00 SLN: Ulysses S. Grant National Historic Site	2 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt) 1:30-2:30 Tai Chi	3 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11- 11:45 Balance Class 11-11:30 Congregate Meal Pick Up 12:30-3:30 Mah Jongg	4 9:30-11:30 Mah Jongg 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt) Winter Take Home Bag Pick Up Day 9 am—2 pm	5
6	7 8:30-9:30 Deep Stretch & Meditation 10-2 AARP Tax Aide (by appointment only) 10:30-12 Current Events (virtual)	8 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 12-3:30 Canasta 2:00 SLN: Presidential Portraits	9 10-11 NO Cardio Dance today 10:00 Valentine's Day Flower Arranging 11-2:30 Massage with Andrea (by appt) 1:30-2:30 Tai Chi	10 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:45 Balance Class 11-11:30 Congregate Meal Pick Up 11-12:30 Writing Class on Zoom 12:30-3:30 Mah Jongg 1-2 Commission for Seniors	11 Center Closed for Lincoln's Birthday	12
13	14 8:30-9:30 Deep Stretch & Meditation 9:00 -9:30 Valentine's Day Grab and Go Breakfast 10-2 AARP Tax Aide (by appointment only) 10:30-12 Current Events (virtual)	15 10-11 Silver Age Chair Yoga 10-11 Blood Pressure Clinic 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 12-3:30 Canasta 2:00 SLN: Andrew Johnson National Historic Site	16 10-11 Cardio Dance 12-3 Foot Care Clinic 1:30-2:30 Tai Chi	17 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11- 11:45 Balance Class 11-11:30 Congregate Meal Pick Up 11-12:30 Writing Class on Zoom 12:30-3:30 Mah Jongg	18 9:30-11:30 Mah Jongg 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt) 2:00 Heart Health , Nutrition & Exercise Lecture	19
20	21 Center Closed for Washington's Birthday	22 10-11 Silver Age Chair Yoga 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 12-3:30 Canasta 2:00 SLN: Agate Fossil Beds National Monument 2:30 Hot Jazz on a Cold Winter's Day Concert	23 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt) 1:00 Painting Class 1:30-2:30 Tai Chi	24 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11:00 NO Balance Class today 11-11:30 Congregate Meal Pick Up 11-12:30 Writing Class on Zoom 1:00 It's all in the Cards (rescheduled) 12:30-3:30 Mah Jongg	25 9:30-11:30 Mah Jongg 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt)	26
27	28 8:30-9:30 Deep Stretch & Meditation 10-2 AARP Tax Aide (by appointment only) 10:30-12 Current Events (virtual)					
NOTES:						