

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Valentine's Day</b></p> 		<p><b>1</b></p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p> 	<p><b>2</b></p> <p>9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Senior Companion Meeting 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Book Discussion Group 10:00 am Line Dance-(Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance-(Advanced) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Mah Jongg (beginners welcome) 12:30 pm Beginner Ballroom (Fee) 12:30 pm Penny Bingo 1:00 pm Sissy's Exercise Class 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>3</b></p> <p>8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S - meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise (Advanced) 11:00 am Karaoke 11:30 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Briar Cliff Physical Therapy 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><b>Featuring 4 on the Road</b></p>
<p><b>6</b></p> <p><b>12-1 pm Trivia</b></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Sissy's Exercise Class 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 1:00 pm Azria Balance Class</p>	<p><b>7</b></p> <p><b>1-3 pm Cake Decorating Class</b></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:00 pm Mah Jongg (experienced players) 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>8</b></p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p> 	<p><b>9</b></p> <p>9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance (Advanced) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Mah Jongg (beginners welcome) 12:30 pm Beginner Ballroom (Fee) 12:30 pm Penny Bingo 1:00 pm Sissy's Exercise Class 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>10</b></p> <p><b>10:30 am Genealogy Class (2nd Friday)</b></p> <p>8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S - meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise (Advanced) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Briar Cliff Physical Therapy 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><b>Featuring The Singer Family Band</b></p>
<p><b>13</b></p> <p><b>12:30 pm Birthday Party (2nd Monday) Karaoke with Troy Cake donated by Charter Living</b></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am-12:30 pm -Coffee Shop Lunch 11:30 am Woodcarving 12:00 pm Sissy's Exercise Class 12:00 pm Pinochle 12:00 pm Trivia 12:30 pm Bridge-Duplicate</p> <p><b>Scavenger Hunt Begins</b></p>	<p><b>14</b></p> <p><b>2-4 pm 50's Jukebox Valentine's Day Party</b></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Choir Practice 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:00 pm Mah Jongg (experienced players) 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Crafts with Diana: Nutcrackers 1:00 pm Ping Pong</p>	<p><b>15</b></p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 SilverSneakers Boom Exercise 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 Medigold Mercyone Medicare Plan 11:00 am-12:30 Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p> 	<p><b>16</b></p> <p><b>11:00 am Scam Prevention Class</b></p> <p>9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance (Advanced) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Mah Jongg (beginners welcome) 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Sissy's Exercise Class 1:00 pm Social Group</p>	<p><b>17</b></p> <p><b>12:00 pm Sioux City Reads Talk Show</b></p> <p>8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S - meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise (Advanced) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Briar Cliff Physical Therapy 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><b>Featuring The Embers</b></p>
<p><b>20</b></p> <p><b>12-1 Trivia</b></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Sissy's Exercise Class 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 1:00 pm Azria Balance Class</p>	<p><b>21</b></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Choir Practice 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:00 pm Mah Jongg (experienced players) 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>22</b></p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p> 	<p><b>23</b></p> <p>9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance (Advanced) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Mah Jongg (beginners welcome) 12:30 pm Penny Bingo 1:00 pm Sissy's Exercise Class 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>24</b></p> <p>8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S - meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise (Advanced) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><b>Featuring The Huckleberrys</b></p>
<p><b>27</b></p> <p><b>Parkinson's Support Group (4th Monday) 1:00 pm</b></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Sissy's Exercise Class 12:00 pm Pinochle 12:00 pm Trivia 12:30 pm Bridge-Duplicate</p>	<p><b>28</b></p> <p><b>Crafts with Diana: Tumblers</b></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Choir Practice 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:00 pm Mah Jongg (experienced players) 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Painting Class 1:00 pm Crafts with Diana 1:00 pm Ping Pong</p>	<p><b>1</b></p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 Silversneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p> 	<p><b>2</b></p> <p>9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance (Advanced) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Mah Jongg (beginners welcome) 12:30 pm Penny Bingo 1:00 pm Sissy's Exercise Class 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>3</b></p> <p>8 am-9:30 am Breakfast 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S - meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise (Advanced) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><b>Featuring Country Brew</b></p>