






# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>LUNCH CLUB 60 SUGGESTED CONTRIBUTION IS \$3.50/PERSON</b></p> <p>PLEASE BE SURE YOU SIGN UP FOR LUNCHES AT LEAST TWO WEEKS IN ADVANCE</p> 		<p>No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging.</p>		<p><b>1</b></p> <p>10:00 <b>LIFESPAN TAI CHI</b></p> <p>10:30 St. Pius</p> <p>1:00 <b>MOVIE</b></p> <p>2:00 Table Tennis</p>
<p><b>4</b></p> <p>10:00 Silver Chords</p> <p>11:00 <b>VOICES &amp; VISIONS</b></p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p><b>Macaroni &amp; Cheese</b></p>	<p><b>5</b></p> <p>10:00 <b>HISTORY OF VIOLINS</b></p> <p>12:30 Bridge</p> <p>1:00 Stretch &amp; Strengthen</p> 	<p><b>6</b></p> <p>9:00 Chili Carvers</p> <p>10:00 <b>LIFESPAN TAI CHI</b></p> <p>11:30 <b>SOUP</b></p> <p>12:00 Euchre</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p><b>7</b></p> <p>9:30 Mahjongg</p> <p>10:30 <b>BLOOD PRESSURE</b></p> <p>11:30 <b>BIRTHDAYS</b></p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:00 Ball Class</p> <p>1:30 Zentangle</p> <p>2:30 Stretch &amp; Strengthen</p> <p><b>Fajita Chicken w/Rice, Cheese, Lettuce, Tomato, Salsa, &amp; Sour Cream on Tortilla</b></p>	<p><b>8</b></p> <p>10:00 <b>LIFESPAN TAI CHI</b></p> <p>1:00 <b>VALENTINE CARDS</b></p> <p>1:00 <b>TEXAS HOLDEM'</b></p> <p>2:00 Table Tennis</p> 
<p><b>11</b></p> <p>10:00 Silver Chords</p> <p>10:00 <b>ELDERSOURCE</b></p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p><b>Mild Chili</b></p>	<p><b>12</b></p> <p>12:30 Bridge</p> <p>1:00 Stretch &amp; Strengthen</p> <p>2:30 <b>MENDED HEARTS</b></p>  <p>Mended Hearts™</p>	<p><b>13</b></p> <p>9:00 Chili Carvers</p> <p>10:00 <b>EXCELLUS</b></p> <p>10:00 <b>LIFESPAN TAI CHI</b></p> <p>12:00 Euchre</p> <p>1:00 <b>BLOOD PRESSURE</b></p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p><b>14</b></p> <p>9:30 Mahjongg</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:00 Ball Class</p> <p>2:00 <b>COLORED PENCIL CLASS</b></p> <p>2:30 Stretch &amp; Strengthen</p> <p><b>HAPPY VALENTINE'S DAY</b></p> <p><b>Steak Diane w/Mushroom Sauce</b></p>	<p><b>15</b></p> <p>10:00 <b>LIFESPAN TAI CHI</b></p> <p>1:00 <b>MOVIE</b></p> <p>2:00 Table Tennis</p>
<p><b>18</b></p> <p><b>CLOSED</b></p> <p><b>Presidents' Day</b></p>	<p><b>19</b></p> <p>9:00 <b>AARP</b></p> <p>12:30 Bridge</p> <p>1:00 Stretch &amp; Strengthen</p> 	<p><b>20</b></p> <p>9:00 Chili Carvers</p> <p>10:00 <b>LIFESPAN TAI CHI</b></p> <p>12:00 Euchre</p> <p>12:00 <b>HOT DOG WEDNESDAY</b></p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p><b>21</b></p> <p>9:30 Mahjongg</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:00 Ball Class</p> <p>1:30 Zentangle</p> <p>2:30 Stretch &amp; Strengthen</p> <p><b>Broccoli &amp; Cheese Topped Baked Potato</b></p>	<p><b>22</b></p> <p>9:00 <b>AARP</b></p> <p>10:00 <b>LIFESPAN TAI CHI</b></p> <p>1:00 <b>OASIS TAP DANCERS</b></p> <p>2:15 Table Tennis</p>
<p><b>25</b></p> <p>10:00 Silver Chords</p> <p>11:15 <b>ADAM BELLO COUNTY CLERK</b></p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>26</b></p> <p>10:30 <b>"PATENT MEDICINE MAN"</b></p> <p>12:30 Bridge</p> <p>1:00 Stretch &amp; Strengthen</p>	<p><b>27</b></p> <p>9:00 Chili Carvers</p> <p>10:00 <b>LIFESPAN TAI CHI</b></p> <p>11:30 <b>SOUP</b></p> <p>12:00 Euchre</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p><b>28</b></p> <p>9:30 Mahjongg</p> <p>11:15 <b>NUTRITION ED</b></p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:00 Ball Class</p> <p>2:00 <b>COLORED PENCIL CLASS</b></p> <p>2:30 Stretch &amp; Strengthen</p> <p><b>Country Captain Fish served over Brown Rice</b></p>	<p><b>March 1</b></p> <p>10:00 <b>LIFESPAN TAI CHI</b></p> <p>10:30 St. Pius</p> <p>1:00 <b>TEXAS HOLDEM'</b></p> <p>1:00 <b>MOVIE</b></p> <p>2:00 Table Tennis</p>