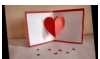








# FEBRUARY

Mon	Tue	Wed	Thu	Eri
<p>3</p> <p>9am Gentle Yoga-GYM                      10am Beginner Canasta-MTG RM.                      10:10am Total Body Workout-GYM                      11:30am Cardio Wellness-GYM                      12:30pm Mahjong-MTG RM.                      1pm Pickleball I-GYM</p>	<p>4</p> <p>9am Strength Training @ Firehouse                      Adv Strength Training-GYM                      10:15am Intermediate Cardio-GYM                      Low Impact Cardio Mix @ Firehouse  <i>10:30am Senior Advisory Committee Meeting</i>                      11:30am Gentle Fitness-GYM                      1pm Pickleball IIGYM    <i>Valentine's Day Card Making @ MSC, 1-2:30pm</i></p>	<p>5</p> <p>9am Country Line Dancing-MP RM.                      News &amp; Your Views-MTG RM.                      9:30am Crochet Class-A&amp;C RM.                      10:15am Tai Chi-GYM                      11am Ping Pong/Pool-MP RM.                      11:30am Zumba Gold-GYM                      1pm Create Your Masterpiece-A&amp;C RM.                      Pickleball III-GYM</p>	<p>6</p> <p>9am Strength Training @ Firehouse                      Adv Strength Training-GYM                      10:15am Intermediate Cardio-GYM                      Low Impact Cardio Mix @ Firehouse  <i>Writing Group-CONF RM.</i>                      11:30am Ballroom Dancing-MP RM.                      12pm Dabbling in the Arts @ MSC                      1pm Pickleball IV-GYM</p>	<p>7</p> <p>9am-3pm <b>AARP DRIVING COURSE</b>                      9:30am Total Body Workout II-GYM                      10am Intermediate Canasta- MTG RM.  <i>LECTURE: Arthritis Treatment Options</i>                      11am Shopping @ Shoprite                      Ping Pong/Pool-MP RM.                      11:30am Chair Yoga-GYM                      1pm Pickleball V-GYM</p>
<p>10</p> <p>9am Gentle Yoga-GYM                      10am Beginner Canasta-MTG RM.                      10:10am Total Body Workout-GYM                      11:30am Cardio Wellness-GYM                      12:30pm Mahjong-MTG RM.  <b>NO PICKLE BALL</b></p>	<p>11</p> <p>9am Strength Training @ Firehouse                      Adv Strength Training-GYM                      10:15am Intermediate Cardio-GYM                      Low Impact Cardio Mix @ Firehouse                      11:30am Gentle Fitness-GYM                      1pm Pickleball II-GYM  </p>	<p>12</p> <p>9am <b>NO COUNTRY LINE DANCING</b>                      What's Your Opinion?-CONF RM.                      9:30am Crochet Class-A&amp;C RM.                      10:15am Tai Chi-GYM                      11am Ping Pong/Pool-MP RM.                      11:30am Zumba Gold-GYM                      1pm Create Your Masterpiece-A&amp;C RM.                      Pickleball III-GYM</p>	<p>13</p> <p>9am Strength Training @ Firehouse                      Adv Strength Training-GYM                      10:15am Intermediate Cardio-GYM                      Low Impact Cardio Mix @ Firehouse                      11:30am Ballroom Dancing-MP RM.                      12pm Dabbling in the Arts @ MSC                      1pm Pickleball IV-GYM</p>	<p>14</p> <p><i>Have a Heart, Celebrate With Us!</i>  <i>11:30am-2:30pm</i>    <b>NO CLASSES/NO SHOPPING</b></p>
<p>17</p> <p>  <b>OFFICES CLOSED</b>  <b>NO CLASSES</b></p>	<p>18</p> <p>9am Strength Training @ Firehouse                      Adv Strength Training-GYM                      10:15am Intermediate Cardio-GYM                      Low Impact Cardio Mix @ Firehouse                      11:30am Gentle Fitness-GYM                      1pm Pickleball II-GYM  </p>	<p>19</p> <p>9am Country Line Dancing-MP RM.                      News &amp; Your Views-MTG RM.                      9:30am Crochet Class-A&amp;C RM.                      10:15am Tai Chi-GYM                      11am Ping Pong/Pool-MP RM.                      11:30am Zumba Gold-GYM                      1pm Create Your Masterpiece-A&amp;C RM.                      Pickleball III-GYM</p>	<p>20</p> <p>9am Strength Training @ Firehouse                      Adv Strength Training-GYM                      10:15am Intermediate Cardio-GYM                      Low Impact Cardio Mix @ Firehouse  <i>Writing Group</i>                      11:30am Ballroom Dancing-MP RM.                      12pm Dabbling in the Arts @ MSC                      1pm Pickleball IV-GYM</p>	<p>21</p> <p>9am <b>GLUCOSE SCREENING</b>                      9:30am Total Body Workout II-GYM                      10am Intermediate Canasta- MTG RM.                      11am Shopping @ Wegman's/Target                      Ping Pong/Pool-MP RM.                      11:30am Chair Yoga-GYM                      1pm Pickleball V-GYM</p>
<p>24</p> <p>9am Gentle Yoga-GYM                      10am Beginner Canasta-MTG RM.                      10:10am Total Body Workout-GYM                      11:30am Cardio Wellness-GYM                      12:30pm Mahjong-MTG RM.                      1pm Pickleball I-GYM</p>	<p>25</p> <p>9am Strength Training @ Firehouse                      Adv Strength Training-GYM                      10:15am Intermediate Cardio-GYM                      Low Impact Cardio Mix @ Firehouse                      11:30am Gentle Fitness-GYM                      1pm Pickleball II-GYM  </p>	<p>26</p> <p>9am Country Line Dancing-MP RM.                      What's Your Opinion?-CONF RM.                      9:30am Crochet Class-A&amp;C RM.                      10:15am Tai Chi-GYM                      11am Ping Pong/Pool- MP RM.                      11:30am Zumba Gold-GYM                      1pm Create Your Masterpiece-A&amp;C RM.                      Pickleball III-GYM</p>	<p>27</p> <p>9am Strength Training @ Firehouse  <b>NO ADV STRENGTH TRAINING</b>                      10:15am Intermediate Cardio-GYM                      Low Impact Cardio Mix @ Firehouse                      11:30am Ballroom Dancing-MP RM.                      12pm Dabbling in the Arts @ MSC  <i>COOKING DEMO by The Chelsea @ The Solana Marlboro</i>                      1pm Pickleball IV-GYM</p>	<p>28</p> <p>9:30am Total Body Workout II-GYM                      10am Intermediate Canasta- MTG RM.                      11am Shopping @ Walmart /Sam's                      Ping Pong/Pool-MP RM.                      11:30am Chair Yoga-GYM                      1pm Pickleball V-GYM  </p>