

February 2015

Calendar of Events
for *Your* Lombard
Guidance Center

These Events Occur EVERY WEEK at *Your* Local Guidance Center

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| EVERY MONDAY: 8:15 to 9:15 am Walking Group (Yorktown Mall) 10 to 10:45 am *SilverSneakers® Classic 11 to 11:45 am Chair Yoga (DVD) 12 to 12:45 pm Step It Up | EVERY TUESDAY: 9 to 9:45 am Tai Chi (DVD) 11:30 am to 12:30 pm Insanity for Seniors Circuit Class | EVERY WEDNESDAY: 8:15 to 9:15 am Walking Group (Yorktown Mall) 10 to 11 am Young at Heart | EVERY THURSDAY: 11:45 am to 12:30 pm *SilverSneakers® Classic 12:45 to 1:30 pm Chair Yoga (DVD) | EVERY FRIDAY: 9 to 10 am Coffee Club 10 to 11 am Tai Chi with Randy 11:15 am to 12:15 pm Zumba Gold® with Randy |
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Featured Events This Month

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 1 to 2 pm Weighing Your Options: Paleo Diet 2 to 3 pm Arts & Crafts: Flower Magnets 3 to 4 pm Chair Yoga | 3 10 to 11:15 am Arts & Crafts: Water Color Painting 1 to 3:30 pm Classic Movie Matinee: Rio Bravo (1959) | 4 11 am to 12 pm Stretch & Relaxation Class 12 to 1 pm Chair Toning (DVD) 1 to 3:30 pm Movie & Popcorn: As Good As It Gets | 5 9:30 to 10:30 am Chair Pilates 10:30 to 11:30 am Arts & Crafts: Glitter Votive Candle Holder 2 to 3 pm Crafting for Charity: Care Packages for Children in Foster Care 3 to 4 pm Hot Chocolate Bingo | 6 All day Go Red™: Come Celebrate Heart Health Awareness with us! 12:45 to 1:45 pm “How to Cover Your Hospital Copays at a Minimal Cost” by Angela Gambino 3 to 4 pm Chair Dancing through the Decades |
| 9 10 am to 12 pm Prescription for Health: “Meet Your Humana Pharmacist” 1 to 2:30 pm *Plan Refresher and Q&A Session 2:45 to 3:45 pm Zumba Gold® (DVD) | 10 10 to 11 am  iPad® 101 (RSVP Required) 12:45 to 1:45 pm  Talking with Your Aging Relative About the Future 2 to 3 pm Fruit Bingo 3 to 4 pm (DVD) Older, Wiser & Wonderful | 11 11:30 am to 3:45 pm Movie & Popcorn: Gone With the Wind | 12 9:30 to 10:30 am Chair Pilates 10:30 to 11:30 am Arts & Crafts: Valentine’s Day Topiary 2 to 3:30 pm  Technology 101: Basics of the Internet and Computers | 13 1 to 3 pm Valentine’s Day Party! |
| 16 1:15 to 2:15 pm *Healthy Cooking Demonstration with Chef Laura Bruzas 2:30 to 3:30 pm Zumba Gold® (DVD) | 17 10 to 11:15 am Crafting for Charity: Care Packages for Children in Foster Care 12:45 to 2:15 pm Just a Dash: How Much Salt is Too Much? 2:30 to 3:30 pm Chair Dancing through the Decades | 18 11 am to 12 pm Stretch & Relaxation Class 12 to 1 pm Chair Toning (DVD) 1 to 3:30 pm Movie & Popcorn: Left Behind | 19 9:30 to 10:30 am “How to Cover Your Hospital Copays at a Minimal Cost” by Angela Gambino 2 to 3:30 pm  Technology 101: Understanding Smartphones and Tablets | 20 12:30 to 1:30 pm Around the World in 60 Minutes: Paris 1:45 to 3 pm Crafting for Charity: Greeting Cards to Donate to a Local Nursing Home 3:15 to 4:15 Core Strength |
| 23 1 to 2 pm Add Me In: Pomegranates 2 to 3 pm Arts & Crafts: Coffee Bean Candle 3 to 4 pm Chair Yoga | 24 10 to 11 am  iPad® 101 (RSVP Required) 1 to 3:45 pm Musical Matinee: Camelot (1967) | 25 11 am to 12 pm Stretch & Relaxation Class 12 to 1 pm Chair Toning (DVD) 1 to 3:30 pm Movie & Popcorn: One for the Money | 26 9:15 to 10:15 am iPad® Facebook 101: Beginners (RSVP Required) 10:15 to 11:15 am  iPad® Facebook 101: Advanced (RSVP Required) 1:45 to 2:45 pm  Healthy U: Healthy Heart 3 to 4 pm Chair Toning | 27 12:30 to 2 pm It Doesn’t Have to be Your Birthday, Birthday Party! 2:30 to 3:30 pm Chair Dancing through the Decades |