

February 2015

Calendar of Events  
for *Your* Austin  
Guidance Center

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

EVERY MONDAY:

9 to 11 am  
Coffee & Cards

1:15 to 2:15 pm  
Zumba Gold®

2 to 3 pm  
Walking Group  
(North Cross Mall)

EVERY TUESDAY:

9 to 10 am  
Capital City Classics:  
Breakfast and Austin  
Basics

1:45 to 2:45 pm  
\*SilverSneakers® Classic

EVERY WEDNESDAY:

9 to 10:30 am  
Journaling Quiet Time

10:30 to 11:30 am  
\*SilverSneakers®  
Yoga Stretch

12:15 to 1:15 pm  
Zumba Gold®

2 to 3 pm  
Walking Group  
(North Cross Mall)

EVERY THURSDAY:

9 to 10 am  
Tea and Tunes

12 to 1 pm  
\*SilverSneakers® Classic

1 to 2 pm  
Tai Chi

EVERY FRIDAY:

9 to 11 am  
Book Club: New York  
Times Best Sellers

10:30 to 11:30 am  
Chair Pilates

Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<div>10 am to 12 pm Monday Matinee: Groundhog Day (1993)</div> <div>2:30 to 3:30 pm American Heart Association Go Red™ Kick-Off Event</div>	<div>12 to 1:30 pm Technology 101:  Basics of the Internet and Computers</div> <div>3 to 4 pm Charity Crafting</div>	<div>All day World Cancer Day: Prevention Tips &amp; Snacks</div> <div>1:30 to 2:30 pm Doc Talk: Cancer Prevention and Screening</div> <div>3 to 4 pm Healthy Recipe Swap with Lindsay R., RD LD</div>	<div>9:30 to 11:30 am Board Games &amp; More</div> <div>2:30 to 3:30 pm Healthy Cooking Demonstration: Heart Healthy Meals</div>	<div>12 to 1:30 pm National Wear Red Day®: Social &amp; Information Event</div> <div>1:30 to 3:30 pm Million Dollar Arm (2014)</div>
9	10	11	12	13
<div>11 am to 12 pm Fitness 101</div> <div>2:30 to 4:30 pm Monday Matinee: What About Bob? (1991)</div>	<div>10:30 to 11:30 am Line Dancing</div> <div>12 to 1:30 pm Valentine's Day Music Special: Golden Strings of Love</div> <div>3 to 4 pm Art Studio: Make a Valentine </div> <div>6 to 7 pm Protecting Your Money from Cons, Frauds, and ID Theft</div>	<div>3 to 4 pm Healthy Recipe Swap with Lindsay R., RD LD</div>	<div>2:30 to 4:30 pm Art Studio: Make a Valentine</div>	<div>12:30 to 1:30 pm Valentine's Day Social: Name that Love Tune!</div> <div>1:30 to 3:30 pm The Face of Love (2013)</div>
16	17	18	19	20
<div>11 am to 12 pm Affordable Meal Planning</div> <div>2:30 to 4:30 pm Monday Matinee: Moonrise Kingdom (2012)</div>	<div>10:30 to 11:30 am Line Dancing</div> <div>12 to 1 pm Nutrition Q&amp;A: Get the Answers from Our Nutritionist</div>	<div>1:30 to 2:30 pm Healthy U:  Healthy Heart</div> <div>3 to 4 pm Healthy Recipe Swap with Lindsay R., RD LD</div>	<div>10 to 11:30 am Technology 101:  Understanding Smartphones and Tablets</div> <div>2:30 to 3:30 pm DIY: Feng Shui for Your Home</div>	<div>12 to 1:30 pm Texas Social: Wear Your Rodeo Best!</div> <div>1:30 to 3:30 pm Movie &amp; Popcorn: Blended (2014)</div>
23	24	25	26	27
<div>11 am to 12 pm Master Gardener: Lawn Care with Jerry Naiser</div> <div>2:30 to 4:30 pm Monday Matinee: Ghostbusters (1984)</div>	<div>10:30 to 11:30 am Line Dancing</div> <div>12 to 1 pm Did You Know?: Stress Contributes to Heart Disease</div> <div>3 to 4 pm Charity Crafting</div>	<div>1:30 to 2:30 pm Just a Dash:  How Much Salt Is Too Much?</div> <div>3 to 4 pm Healthy Recipe Swap with Lindsay R., RD LD</div>	<div>9:30 to 11:30 am Board Games &amp; More</div> <div>2:30 to 4 pm February Birthday Social</div>	<div>1:30 to 3:30 pm Movie &amp; Popcorn: The Love Punch (2013)</div>