

February 2015

Calendar of Events
for *Your* Raleigh
Guidance Center

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

EVERY MONDAY: 9 to 10 am Healthy Recipe Exchange Club: Slow Cooker Recipes 1:30 to 2:30 pm Zumba Gold®	EVERY TUESDAY: 10 to 11 am Coupon Exchange Club: Coupons 101 10 to 11 am Line Dancing 1:30 to 2:30 pm Walking Group 3 to 3:45 pm *SilverSneakers® Senior Stretch	EVERY WEDNESDAY: 9 to 9:45 am *SilverSneakers® Classic 1:30 to 2:30 pm Zumba Gold®	EVERY THURSDAY: 9 to 10 am Bucket List Book Club: “A Tale of Two Cities” 11 am to 1 pm Bingo & Board Games 1:30 to 2:30 pm Walking Group 3 to 3:45 pm *SilverSneakers® Senior Stretch	EVERY FRIDAY: 9 to 9:45 am *SilverSneakers® Classic
---	---	---	--	---

Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2 11 am to 12 pm Honoring America’s Diversity: African American Inventors DVD (Kareem Abdul Jabbar) 2:30 to 4:30 pm Movie & Popcorn: Lillies of the Field	3 9 to 10 am Lower Your Cholesterol Oatmeal & Fruit Bar 12:30 to 1:30 pm New Health, New You: Setting Health Goals	4 10 to 11 am Around the World in 60 Minutes: Morocco 2:45 to 4 pm NCSU & Wake County Master Gardener Series: Indoor Bulb Planter	5 9 to 11 am Java and Brain Games	6 9 am to 5 pm National Wear Red Day®! 10 to 11 am Brain Games Challenge 11:15 am to 1:45 pm Movie & Popcorn: Now You See Me 2 to 3:30 pm Paper Crafting for Charity: Cards for Veterans
9 11 am to 12 pm Well-Being Academy: Superfoods 12 to 1 pm Charity Crafters: Care Packages for Veterans 2:30 to 4:30 pm Movie & Popcorn: Singin’ in the Rain	10 9 to 10 am Java & Crossword Puzzles 9 to 11 am HMO Sales Seminar	11 2:45 to 4 pm Creative Art Expressions: Using Art to Reduce Stress	12 9 to 11 am Java and Brain Games 10 to 11 am Just a Dash:  How Much Salt is Too Much?	13  10 to 11 am Healthy U: Healthy Heart 11:15 am to 1:15 pm Movie & Popcorn: The Vow 2 to 3 pm Craft: Valentine’s Day Card Exchange 3 to 4 pm Love Your Heart Celebration
16 11 am to 12 pm R.E.A.C.H. Well-being for Men Support Group 12 to 1 pm February Birthday Celebration 2:30 to 4:30 pm Movie & Popcorn: To Kill a Mockingbird	17 9 to 10 am Lower Your Cholesterol Oatmeal & Fruit Bar 4 to 4:45 pm New Health, New You: Accomplishing Goals	18 10 to 11:30 am  Technology 101: Basics of the Internet 2:45 to 4 pm NCSU & Wake County: Master Gardener Series; Preparing Your Lawn for Spring	19 9 to 11 am Java & Brain Games	20 10 to 11 am Brain Games Challenge 11:15 am to 1:45 pm Movie & Popcorn: Sherlock Holmes: A Game of Shadows 2 to 3:30 pm Creating a Scrapbook Journal
23 11 am to 12 pm DIY: Tips to Age-Proof Your Home 12 to 1 pm Charity Crafters: Care Packages for Veterans 2:30 to 4:30 pm Movie & Popcorn: Rear Window	24 9 to 10 am Java & Crossword Puzzles 9 to 11 am HMO Sales Seminar 12:30 to 1:30 pm Food Journaling 101	25 10 to 11:30 am  Technology 101: Smartphones vs. Tablets 3 to 4 pm Creative Art Expressions: Using Art to Relax (Drawing, Painting and Various Methods of Art)	26 9 to 11 am Java & Brain Games	27 10 to 11 am Brain Games Challenge 11:15 am to 1:45 pm Movie & Popcorn: Last Vegas 2 to 3:30 pm Paper Crafts