

February 2015

Calendar of Events
for *Your* Houston
Guidance Center

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

EVERY MONDAY: 9 to 10 am Walking Group (Memorial City Mall) 10 to 11 am Strong Seniors® Core Fitness Video 11 am to 12 pm *SilverSneakers® Classic 12 to 1 pm Zumba Gold®	EVERY TUESDAY: 9 to 10 am Coupon Exchange Club and Military Couponing Project (EXCEPTION: FEB. 3) 9 am to 12 pm Tea and Travel: Hot Tea and Houston Hot Spots! 10 to 11 am Tai Chi	EVERY WEDNESDAY: 9 to 10 am Walking Group (Memorial City Mall) 11 am to 12 pm *SilverSneakers® Classic 12 to 1 pm Zumba Gold®	EVERY THURSDAY: 10 to 11 am Chair Pilates	EVERY FRIDAY: 9 to 10 am Coffee and Cards 10 to 11 am Strong Seniors® Core Fitness Video 11 am to 12 pm *SilverSneakers® Yoga Stretch
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Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2 9 to 10 am Groundhog Day Social 1:30 to 3 pm Art Class: Painting with Acrylics 101 3:30 to 4:30 pm Meditation for Beginners	3 11:30 am to 1 pm  Technology 101: Basics of the Internet and Computers 1 to 2 pm  Healthy U: Healthy Heart 6 to 7 pm Protecting your Money from Cons, Frauds, and ID Theft	4 1:15 to 2:45 pm World Cancer Day: Social and Information Event 3 to 4:30 pm Journaling Quiet Time	5 11:30 am to 12:30 pm Crafting: Old-Fashioned Victorian Valentines 1 to 2 pm Go Red™ for Women: Heart Healthy Foods 2:30 to 3:30 pm Discover Texas Series: Texas Parks and Wildlife	6 12:30 to 1:30 pm National Wear Red Day® Social and Information Event 1:30 to 3 pm Movie & Popcorn: Hercules (2014)
9 1:30 to 3 pm Art Class: Painting with Acrylics – Brushstroke Techniques 3:30 to 4:30 pm Book Club: New York Times Best Sellers	10 11:30 am to 1 pm  Technology 101: Understanding Smartphones and Tablets 1:30 to 3:30 pm Comedy Series and Social: Laughter Is the Best Medicine	11 1:15 to 2:15 pm Around the World in 60 Minutes: Israel 2:30 to 3:30 pm Brain Games	12 11:30 am to 12:30 pm Charity Crafting 1 to 2 pm Diabetes 101: Living with Diabetes 2 to 2:30 pm Food Journaling 2:30 to 3:30 pm Journaling Quiet Time	13 1 to 3 pm Movie & Popcorn: Blended (2014)
16 1:30 to 3 pm Art Class: Painting with Acrylics – Color Blending 3:30 to 4:30 pm Meditation for Beginners	17 11:30 am to 1 pm  Nutrition Series: Just a Dash: How Much Salt Is Too Much? 1 to 2 pm Doc Talk: Congestive Heart Failure, Managing Day-to- Day	18 2:15 to 3:15 pm Fitness 101 3:30 to 4:30 pm Meditation for Beginners	19 11:30 am to 12:30 pm Master Gardening: Start Vegetables from Seeds 12:45 to 2 pm Texas Social: Wear Your Rodeo Best! 2 to 4 pm Virtual Daytona 500 Race Day Challenge	20 1 to 3 pm Movie & Popcorn: The Fault in Our Stars (2014)
23 1:30 to 3 pm Art Class: Painting with Acrylics – Impressionist Style 3:30 to 4:30 pm Book Club: New York Times Best Sellers	24 11:30 am to 12:30 pm Healthy Cooking Demonstration: No-Bake Granola Bars 1 to 2 pm  Talking To Your Aging Relatives About the Future 2:30 to 4 pm Houston Sports Social	25 1 to 2:30 pm Hearts & Flowers Birthday Social 2:30 to 4 pm Virtual Golf Challenge Championship	26 11:30 am to 12:30 pm Charity Crafting 12:30 to 2 pm Get to Know: Space City Social and Presentation 2:30 to 4:30 pm Space City Sounds: Houston-Inspired Concert Series	27 1 to 3 pm Movie & Popcorn: Belle (2013)