

February 2015

Calendar of Events
for *Your* Peoria
Guidance Center

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

EVERY MONDAY:

8:30 to 9 am
Low-Impact
Workout for Seniors
9:15 to 10 am
*SilverSneakers® Classic
10:15 to 11 am
*SilverSneakers® Yoga

EVERY TUESDAY:

9 to 9:30 am
Beginner Walking
Group (Northwoods
Mall, Sears lower level)
9:30 to 10 am
Intermediate Walking
Group (Northwoods
Mall, Sears lower level)

EVERY WEDNESDAY:

10 to 10:45 am
*SilverSneakers®
Zumba Gold®


EVERY THURSDAY:

9 to 9:30 am
Beginner Walking
Group (Northwoods
Mall, Sears lower level)
9:30 to 10 am
Intermediate Walking
Group (Northwoods
Mall, Sears lower level)

EVERY FRIDAY:

8:30 to 9 am
Low-Impact
Workout for Seniors
9:15 to 10 am
*SilverSneakers® Classic
10:15 to 11 am
*SilverSneakers® Yoga
1 to 4:30 pm
Mahjong

Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:15 am to 12:45 pm Oil and Acrylic Painting 1 to 4:30 pm Wii™ Bowling & Board Games	3 10 am to 12 pm Volunteer Charity Crafting: Ruffle Scarf 1 to 4 pm Movie: A Beautiful Mind (PG-13; 2001)	4 11 am to 4:30 pm Party Bridge: All Players Invited 1 to 4:30 pm Rummikub	5 10:15 to 11:45 am  Just a Dash: How Much Salt is Too Much? 12 to 1 pm  Healthy U: Healthy Heart 1:30 to 3:30 pm Volunteer Charity Crafting	6 8 am to 5 pm Wear Red Day®: Come Celebrate Heart Health Awareness with us! 11:15 am to 12:45 pm Beginner Watercolor Painting
9 11:30 am to 12:30 pm Antarctica: Living and Working at the Bottom of the World 1 to 4:30 pm Wii™ Bowling & Board Games	10 10 am to 12 pm Card Making 1 to 4 pm Movie: Gigi (1958)	11 11 am to 4:30 pm Party Bridge: All Players Invited 1 to 4:30 pm Rummikub	12 10:15 to 11:45 am  Technology 101: Basics of the Internet and Computers 1 to 3 pm Valentine's Party	13 11:15 am to 12:45 pm Healthy Eating with Chef Bill
16 11:15 to 1 pm Oil and Acrylic Painting 1:30 to 2:30 pm Birthday Party 2:30 to 4:30 pm Wii™ Bowling & Board Games	17 (RSVP required on all of today's iPad® events) 9 to 10 am iPad® Facebook 101: Beginner 10:15 to 11:15 am iPad® Facebook 101: Advanced 11:30 am to 12:30 pm iPad® 101: Beginner 1 to 2 pm iPad® 101: Advanced  2:15 to 3:15 pm iPad® 101: Advanced	18 11 am to 4:30 pm Party Bridge: All Players Invited 1 to 4:30 pm Rummikub	19 10 am to 12 pm Watercolor Painting 1 to 2:30 pm Technology 101: Understanding  Smartphones and Tablets 3 to 4:30 pm Board Games	20 11:15 to 12:45 pm Volunteer Charity Crafting: Project Linus Blankets
23 11:15 am to 12:45 pm Digital Photography 1 to 4:30 pm Wii™ Bowling & Board Games	24 1 to 4 pm Movie: Out of Africa (PG; 1985)	25 11 am to 1:30 pm Party Bridge: All Players Invited 2:15 to 4 pm Peoria Park District Mature Readers Book Discussion Group	26 10 am to 12 pm Volunteer Charity Crafting 1 to 4:30 pm Rummikub	27 11:30 am to 12:30 pm (IMAX) Mystery of the Nile



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Humana is a Medicare Advantage organization with a Medicare contract. Enrollment in a Humana plan depends on contract renewal. ***Humana Medicare Advantage members only.** Please bring your Humana member ID card for verification purposes.

Peoria Guidance Center | 7915 N. Hale Ave. | (309) 691-1677 | Monday–Friday, 8 am to 5 pm | Humana.com/GuidanceCenter