

February 2015

Calendar of Events  
for *Your* Cleveland  
Guidance Center

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

<b>EVERY MONDAY:</b> <b>8:30 to 9 am</b> Intermediate Walking Group <b>9 to 10 am</b> Zumba Gold® <b>10 to 11 am</b> *SilverSneakers® Yoga Stretch <b>11 to 11:30 am</b> Beginner Walking Group <b>11:30 am to 12:30 pm</b> *SilverSneakers® Cardio Circuit <b>3:30 to 4:30 pm</b> Charity Knitting	<b>EVERY TUESDAY:</b> <b>9 to 10 am</b> Tai Chi <b>12 to 1 pm</b> *SilverSneakers® Yoga Stretch Advanced <b>1 to 2 pm</b> Line Dancing <b>2 to 3 pm</b> Puzzles & Games <b>1:30 to 3 pm</b> Scrabble <b>3:30 to 4:30 pm</b> Wii™/Xbox® Bowling	<b>EVERY WEDNESDAY:</b> <b>8:30 to 9 am</b> Intermediate Walking Group <b>9 to 10 am</b> *SilverSneakers® Classic <b>10 to 11 am</b> *SilverSneakers® Yoga Stretch <b>11 to 11:30 am</b> Beginner Walking Group <b>1 to 2 pm</b> Natural Remedies/ Aromatherapy <b>2:30 to 3:30 pm</b> Fruit Basket Bingo	<b>EVERY THURSDAY:</b> <b>9 to 10 am</b> *SilverSneakers® Yoga Stretch Advanced <b>11:30 am to 12:30 pm</b> *SilverSneakers® Indoor Boot Camp <b>2:30 to 3:30 pm</b> Tai Chi <b>3:30 to 4:30 pm</b> Charity Knitting	<b>EVERY FRIDAY:</b> <b>9 to 10 am</b> *SilverSneakers® Classic <b>10 to 11 am</b> Zumba Gold®
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Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>2 to 3:30 pm</b> Healthy Cooking Demonstration: Low Sodium Recipes	<b>10:30 to 11:30 am</b> Hear USA Hearing Screenings <b>2:30 to 3:30 pm</b> Movie & Popcorn: <b>Deep Sea</b> (IMAX)	<b>All day</b> World Cancer Day: Prevention Tips & Snacks <b>3:30 to 4:30 pm</b> Who Wants to Be a Millionaire? (DVD Game)	<b>10 to 11:30 am</b>  <b>Technology 101: Basics of the Internet and Computers</b> <b>12:30 to 1:30 pm</b> Self Defense for Women	<b>All day</b> Wear Red Day®: Heart Healthy Snacks & Tips <b>11:30 am to 12:30 pm &amp; 1 to 2 pm</b> **OPERS Informational Sessions <b>3:30 to 4:30 pm</b> Coupon Club
9	10	11	12	13
<b>1:30 to 2:30 pm</b> High Tea & Crossword Social	<b>2:30 to 3:30 pm</b> Movie & Popcorn: <b>Everest</b> (IMAX)	<b>3:30 to 4:30 pm</b> Let's Make a Deal (DVD Game)	<b>10 to 11:30 am</b>  <b>Technology 101: Understanding Smartphones and Tablets</b> <b>12:30 to 1:30 pm</b> Wii™/Xbox® Bowling	<b>12 to 1 pm</b> Jane Fonda (DVD) <b>1 to 3 pm</b> Movie & Popcorn: <b>Still Mine</b> <b>3:30 to 4:30 pm</b> Watercolor Painting
16	17	18	19	20
<b>1:30 to 2:30 pm</b> High Tea & Crossword Social	<b>10:30 to 11:30 am</b> Charity Crafting <b>2:30 to 3:30 pm</b> Movie & Popcorn: <b>Galapogos</b> (IMAX)	<b>3:30 to 4:30 pm</b> Family Feud (DVD Game)	<b>10 to 11 am</b>  <b>Just a Dash: How Much Salt Is Too Much?</b> <b>12:30 to 1:30 pm</b> Self Defense for Women	<b>12 to 1 pm</b> Jane Fonda (DVD) <b>1 to 3 pm</b> Movie & Popcorn: <b>The Monuments Men</b> <b>3:30 to 4:30 pm</b> Coupon Club
23	24	25	26	27
<b>1:30 to 2:30 pm</b> High Tea & Crossword Social	<b>10:30 am to 12 pm</b> Walking Group Appreciation Brunch <b>2:30 to 3:30 pm</b> Movie & Popcorn: <b>Bears</b> (IMAX)	<b>3:30 to 4:30 pm</b> Who Wants to Be a Millionaire? (DVD Game)	<b>10 to 11 am</b>  <b>Healthy U: Healthy Heart</b> <b>1 to 2:30 pm</b> Hypertension & Aging, Presented by HealthSpan	<b>12 to 1 pm</b> Jane Fonda (DVD) <b>2 to 4:30 pm</b> February Birthday Celebration



Humana is a Medicare Advantage organization with a Medicare contract. Enrollment in a Humana plan depends on contract renewal.

Please bring your Humana member ID card for verification purposes.  
\*\*For OPERS members only. RSVP required.