

February 2015

Calendar of Events
for *Your* Tamarac
Guidance Center

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

EVERY MONDAY:

9 to 10 am
Munch ‘n’ Mocha!

10:15 to 11 am
*SilverSneakers®
Yoga Stretch

11 am to 1 pm
Crafting for a Cause:
Knitted Donation to
Cardiac Unit

1 to 2 pm
*SilverSneakers® Classic

2 to 3 pm
*SilverSneakers® Tai Chi

EVERY TUESDAY:

9 to 9:30 am
Beginner Walking Group
(Guidance Center)

9:30 to 10 am
Intermediate Walking
Group (Guidance Center)

1 to 2 pm
*SilverSneakers® Cardio

2 to 4 pm
Movie & Popcorn:
Romance Series

EVERY WEDNESDAY:

12:30 to 1:15 pm
*SilverSneakers® Classic

EVERY THURSDAY:

9:30 to 10:15 am
*SilverSneakers® Circuit

10:15 to 11 am
*SilverSneakers®
Yoga Stretch

2 to 3 pm
*SilverSneakers®
Zumba Gold®

EVERY FRIDAY:

9:30 to 10:15 am
*SilverSneakers®
Yoga Stretch

10 am to 12 pm
Card Games
& Dominoes

10:30 to 11 am
Beginner Walking Group
(Coral Square Mall)

11 to 11:30 am
Intermediate
Walking Group
(Coral Square Mall)

12 to 1 pm
Tea Time

12 to 3 pm
Strike! Wii™ Bowling

Featured Events This Month

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|--|---|---|
| 2 | 3 | 4 | 5 | 6 |
| | 1 to 2 pm Heart Healthy Trail Mix Social | 11 am to 12 pm  Healthy U: Healthy Heart | 11 am to 12 pm Congestive Heart Failure: Managing Day-to-Day | 10:15 to 10:45 am Go Red™ Fashion Show: Wear Red and Join the Go Red™ Movement! |
| | | 2 to 3:30 pm Upcycle Crafting | 3 to 4 pm Card Game & Dominoes | |
| 9 | 10 | 11 | 12 | 13 |
| | 1 to 2 pm Coffee Break! | 11 am to 12 pm Understanding Long Term Care with Brad Stang | 11 am to 12 pm  Talking to Your Aging Relatives About the Future | 11 am to 12 pm Valentine’s Dance! |
| | | 2 to 3:30 pm Make Valentine’s Cards for Local Seniors | 12 to 1 pm Protecting Your Money from Cons, Frauds & ID Theft | |
| | | | 3 to 4 pm Bingo Mania! | |
| 16 | 17 | 18 | 19 | 20 |
| | 1 to 2 pm Coffee Break! | 11 am to 12 pm Around the World in 60 Minutes: Paris (RSVP Required) | 11 am to 12:30 pm  Technology 101: Understanding the Internet | 12 to 1 pm Birthday Party: Jan & Feb Birthdays |
| | | 2 to 3:30 pm Brain Games & Puzzles | 3 to 4 pm Card Game & Dominoes | |
| 23 | 24 | 25 | 26 | 27 |
| | 1 to 2 pm Ice Cream Social | 1:30 to 2:30 pm  Just a Dash: How Much Salt Is Too Much? | 11 am to 12:30 pm  Technology 101: Smartphones vs. Tablets | |
| | | 2:30 to 3:30 pm Healthy Cooking Demonstration: Flavorful Foods (RSVP Required) | 3 to 4 pm Bingo Mania! | |