

February 2015

Calendar of Events
for *Your* New Orleans
Guidance Center

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

EVERY MONDAY: 8 to 8:30 am New Year, New You: (A look at Your Weekly Health Goals) 8:30 to 9:30 am Walking Group (Lakeside Mall) 9:30 to 11 am Coffee & Crosswords Café 10 to 11 am *SilverSneakers® Classic 11:15 am to 12:15 pm Zumba Gold®	EVERY TUESDAY: 10 to 11 am *SilverSneakers® Kickboxing 11:30 am to 1 pm Healthy Cooking Demonstrations: Chef Nino 1:30 to 2:30 pm *SilverSneakers® Yoga 2:45 to 4:45 pm Canasta Club	EVERY WEDNESDAY: 9:30 to 11 am Coffee & Crosswords Café 11:30 am to 1 pm Bucket List Book Club: “The Tale of Two Cities” By Charles Dickens	EVERY THURSDAY: 9 to 10 am Party & Latin Line Dancing 10 to 11 am Line Dancing 1:30 to 2:30 pm *SilverSneakers® Classic	EVERY FRIDAY: 8 to 8:30 am Fit Check (Week in Review) 8:30 to 9:30 am Walking Group (Lakeside Mall) 9:30 to 10:30 am Crafting with Morning Joe 10 to 11 am *SilverSneakers® Yoga 11:15 am to 12:15 pm Zumba Gold®
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Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2 12:30 to 1:30 pm Well-Being Academy: Food Safety 1:30 to 2:30 pm Bingo	3	4 10 to 11 am  Talking to Your Aging Relatives about the Future 2 to 3:30 pm Dominoes	5 12 to 1 pm Senior Safety (Fall Prevention)	6 9 am to 5 pm Wear Red Day® 12:15 to 1:15 pm From Our Heart to Yours (A Survivorship Celebration) 1:30 to 3:30 pm Movie & Popcorn: Now You See Me
9 12:30 to 1:30 pm Just a Dash: How Much Salt is Too Much?  1:30 to 2:30 pm Healthy Recipe Exchange: Slow Cooker	10	11 10 to 11:30 am  Technology 101: Basics of the Internet and Computers 2 to 3:30 pm Dominoes	12 12 to 1 pm Knit & Crochet for Charity (Beginners Welcome)	13 9 am to 5 pm An Affair of the Heart Celebration 12:30 to 1:30 pm Congestive Heart Failure: Managing Day-to-Day, presented by JenCare 1:30 to 2:30 pm Paper Crafts: Inspirational Cards 2:30 to 3:30 pm Love Your Heart Valentines’ Party
16 12:30 to 1:30 pm Well-Being Academy: Affordable Meal Planning 1:30 to 2:30 pm Couponing 101	17	18 10 to 11:30 am  Technology 101: Understanding Smartphones and Tablets 2 to 3:30 pm Dominoes	19 12 to 1 pm Name It, Sing It, Dance It, February Birthday Celebration!	20 1:30 to 3:30 pm Movie & Popcorn: The Love Punch
23 12:30 to 1:30 pm Well-Being Academy: Facts About Fad Diets 1:30 to 2:30 pm Healthy Eating, Healthy You: Food Journaling 101	24	25 10 to 11 am  Healthy U: Healthy Heart 11 am to 12 pm Master Gardening Series: Pollinators 2 to 3:30 pm Dominoes	26 12 to 1 pm New Year, New You: Accomplishing Healthy Goals Celebration!	27 1:30 to 3:30 pm Movie & Popcorn: If I Stay