

February 2015

Calendar of Events
for *Your* Baton Rouge
Guidance Center

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

EVERY MONDAY: 8 to 8:30 am New Health New You (A look at Your Weekly Health Goals) 8:30 to 9:30 am Walking Group (Mall of Louisiana) 9:30 to 11 am Coffee & Crosswords Café 10 to 11 am *SilverSneakers® Classic	EVERY TUESDAY: 9 to 10 am Crafting with Morning Joe 1:30 to 2:30 pm *SilverSneakers® Circuit	EVERY WEDNESDAY: 9:30 to 11 am Coffee & Crosswords Café 10 to 11 am *SilverSneakers® Classic 11:15 to 12:45 pm Healthy Cooking Demonstrations with Chef Nino 2:30 to 4:30 pm Canasta	EVERY THURSDAY: 9 to 10 am Sip & Share Tea Hour 1:30 to 2:30 pm *SilverSneakers® Circuit 2:45 to 3:45 pm Bucket List Book Club: “The Tale of Two Cities” By Charles Dickens	EVERY FRIDAY: 8 to 8:30 am Fit Check (Week in Review) 8:30 to 9:30 am Walking Group (Mall of Louisiana) 9:30 to 11 am Coffee & Crosswords Café 10 to 11 am *SilverSneakers® Yoga
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Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:15 am to 12:15 pm Around the World in 60 Minutes: Mystery Destination 12:30 to 2:30 pm Monday Matinee: Now You See Me (Crime)	3 10 to 11 am Talking to Your Aging Relatives about the Future 11:30 am to 1 pm Brain Games	4 1 to 2 pm Just a Dash: How Much Salt is Too Much?	5 10 to 11 am Senior Safety 11:30 am to 1 pm Crafting for Charity (Angels for Hope)	6 9 am to 5 pm Wear Red Day® 11:30 am to 1 pm From Our Heart to Yours (A Survivorship Celebration) 1:30 to 3:30 pm Red Out Heartbeat Social
9 11:15 am to 12:15 pm Couponing 101 12:30 to 2:30 pm Monday Matinee: The Fault in Our Stars (Romance)	10 10 to 11 am Healthy U: Healthy Heart 11:30 am to 1 pm Board Games	11 1 to 2 pm Well-Being Academy: Affordable Meal Planning	12 10 to 11 am Brain Games 11:30 am to 1 pm Crafting for Charity: “Girls Love Mail” Inspirational Cards & Letters (for Chronically Ill Girls)	13 9 am to 5 pm An Affair of the Heart Celebration 11:30 am to 12:30 pm Congestive Heart Failure: Managing Day to Day 1 to 2 pm Paper Crafts: Inspirational Cards (for People with Chronic Illness) 2:30 to 4 pm Love Your Heart Valentines’ Party
16 11:15 am to 12:15 pm Healthy Eating Healthy You: Food Journaling 101 12:30 to 2:30 pm Monday Matinee: Blended (Comedy)	17 10 to 11:30 am Technology 101: Basics of the Internet and Computers 11:45 am to 1:15 pm Dominoes	18 1 to 2 pm Well-Being Academy: Facts About Fad Diets	19 10 to 11 am LSU Master Gardening Series: Indoor Bulb Planter 11:30 am to 1 pm Crafting for Charity: Knitting Caps for Chemo Patients (beginners welcome)	20 11:30 am to 12:30 pm Art for Heart Painting Class 1 to 2:30 pm Name It, Sing It, Dance It, February Birthday Celebration!
23 11:15 am to 12:15 pm Healthy Recipe Exchange: Slow Cooker Recipes 12:30 to 2:30 pm Monday Matinee: If I Stay (Romance)	24 10 to 11:30 am Technology 101: Understanding Smartphones and Tablets 11:45 am to 1:15 pm Bingo	25 1 to 2 pm Well-Being Academy: Nutrition – Food Safety	26 10 to 11 am Board Games 11:30 am to 1 pm Crafting for Charity: No-sew Pillows	27 11:30 to 12:30 pm DIY: Old to New Chair Makeover (Call for Details) 1 to 2:30 pm New Health New You: Celebration of Accomplishing Healthy Goals!