

February 2015

Calendar of Events
for *Your* Zephyrhills
Guidance Center

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

EVERY MONDAY: 8:30 to 10 am Art Club 8:45 to 10:30 am Coffee Club 8:30 to 9 am Beginners Walking Group (Zephyr Park) 9 to 9:30 am Intermediate Walking Group (Zephyr Park) 10:30 to 11:30 am *SilverSneakers® Classic	EVERY TUESDAY: 8:45 to 9:45 am *SilverSneakers® Classic 8:45 to 10:30 am Coffee Club 10 to 11 am *SilverSneakers® Yoga Stretch 11 am to 3 pm Hookers & Quilters 11 am to 3 pm Canasta Club	EVERY WEDNESDAY: 8:45 to 9:45 am *SilverSneakers® Yoga Stretch 8:45 to 10:30 am Coffee Club 10 to 10:30 am Beginners Walking Group (Zephyr Commons) 10:30 to 11 am Intermediate Walking Group (Zephyr Commons) 1 to 2 pm *SilverSneakers® Zumba Gold®	EVERY THURSDAY: 8:45 to 9:45 am *SilverSneakers® Yoga Stretch 8:45 to 10:30 am Coffee Club 10 to 10:30 am Beginners Walking Group (Zephyr Commons) 10:30 to 11 am Intermediate Walking Group (Zephyr Commons) 11:30 am to 3 pm Bridge Club	EVERY FRIDAY: 8:45 to 9:45 am *SilverSneakers® Classic 8:45 to 10:30 am Coffee Club 10 to 11 am *SilverSneakers® Yoga Stretch 11 am to 12:45 pm Wii™ Bowling 1 to 3 pm Movie & Popcorn: Oscar Winners
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Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2 12 to 1 pm Healthy U: Healthy Heart  1 to 2 pm Forever Healthy Trail Mix Social	3 12 to 1 pm Crafting for a Cause: Knitted Donation to Cardiac Unit	4 11 am to 12 pm Congestive Heart Failure: Managing Day-to-Day  12 to 1 pm Craft Time: Bird Feeder	5	6 8:30 to 8:45 am Go Red™ Fashion Show: Wear Red and Walk the Runway!
9 12 to 1:30 pm Technology 101: Understanding the Internet  1 to 2 pm Tai Chi	10 12 to 1 pm Crafting for a Cause: Knitted Donation to Cardiac Unit	11 11:30 am to 12:30 pm Sweetheart Soirée	12	13
16 12 to 1 pm Around the World in 60 Minutes: Paris 1 to 2 pm Healthy Cooking Demo: Healthy Salad	17 12 to 1 pm Crafting for a Cause: Knitted Donation to Cardiac Unit	18 11 am to 12 pm Just a Dash: How Much Salt Is Too Much?  1 to 2 pm *SilverSneakers® Zumba Gold®	19	20
23 12 to 1:30 pm Technology 101: Smartphones vs. Tablets  1 to 2 pm Tai Chi	24 12 to 1 pm Crafting for a Cause: Knitted Donation to Cardiac Unit	25 11:15 to 1 pm Birthday Bingo Bash	26 11 to 11:30 am Walking Celebration	27