

February 2015

Calendar of Events
for *Your* Naperville
Guidance Center

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

EVERY MONDAY: 8:30 to 9:30 am Wake up to Wellness Social 9:45 to 10:30 am *SilverSneakers® Classic 11 to 11:45 am *SilverSneakers® Yoga 12 to 1 pm Game Hour	EVERY TUESDAY: 8:30 to 9:30 am Walking Group 9:45 to 10:15 am Pilates 10:30 to 11 am Balance Class 11:15 to 11:45 am Stretch and Relaxation 2:30 to 3:30 pm Strength and Balance Class	EVERY WEDNESDAY: 8:30 to 9:30 am Card Making 9:45 to 10:30 am *SilverSneakers® Classic 11 to 11:45 am *SilverSneakers® Yoga	EVERY THURSDAY: 8:30 to 9:30 am Walking Group 10 am to 12 pm Knitting & Crocheting 10 to 11 am Tai Chi 11:15 am to 12:15 pm Zumba Gold® 3 to 3:45 pm Chair Dancing Through the Decades (DVD)	EVERY FRIDAY: 8:30 to 9:30 am Wake up to Wellness Social 10 to 10:30 am Intermediate Strength Class
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Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
1 to 3 pm Movie & Popcorn: Draft Day (2014; PG13)	12 to 2:30 pm Crafting for Charity: Scratch off Valentine’s Cards!	12 to 1 pm Drop-in Watercolor Painting 1 to 2:30 pm Just a Dash: How Much Salt is Too Much?  3 to 4 pm Table Tennis	1 to 3 pm Bingo	11 am to 1 pm February Birthday Party and Go Red™ Social! 1 to 2 pm Around the World in 60 Minutes: Paris 2:30 to 3:30 pm Line Dancing
9	10	11	12	13
1 to 3 pm Movie & Popcorn: Winter’s Tale (2014; PG13)	12 to 1 pm Craft Club: Valentine’s Topiary 1 to 2:30 pm *Plan Refresher and Q&A Session	1 to 2:30 pm Technology 101: Basics of the Internet and Computers  3 to 4 pm Table Tennis	1 to 2:30 pm Brain Games!	11:30 am to 1 pm Healthy Cooking Demonstration with Chef Julie! 1:30 to 2 pm Healthy Recipe Swap 2 to 3 pm Valentine’s Day Social
16	17	18	19	20
1 to 3 pm Movie & Popcorn: The Giver (2014; PG13)	12 to 2:30 pm Craft Club: Origami or Paper Flowers	1 to 2 pm Healthy U: Healthy Heart  2:30 to 3:30 pm Table Tennis	1 to 3 pm Bingo	11 am to 12:30 pm National Geographic: “Inside the Living Body” 1 to 2 pm iPad® Facebook 101: Beginner (RSVP Required) 2:15 to 3:15 pm iPad® Facebook 101: Advanced (RSVP Required) 
23	24	25	26	27
1 to 3 pm Movie & Popcorn: Enough Said (2013; PG13)	12 to 2:30 pm Craft Club: Craft Party!	1 to 2:30 pm Technology 101: Understanding Smartphones and Tablets  3 to 4 pm Table Tennis	1 to 2 pm Tax Return Tips by H&R Block  2 to 3 pm Brain Games!	11 to 12:30 pm National Geographic Brain Games 1 to 2 pm iPad® 101: Beginner (RSVP Required)  2:15 to 3:15 pm iPad® 101: Advanced (RSVP Required)