

February 2015

Calendar of Events
for *Your* Henderson
Guidance Center

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

EVERY MONDAY: 11 am to 12 pm Beginner Tai Chi 12 to 1 pm Tai Chi 1 to 2 pm Zumba® 2 to 3:30 pm Chair Fitness 3:30 to 4:30 pm Bone Strengthening Class	EVERY TUESDAY: 8:30 to 9:30 am 20.20.20 Exercise 9:30 to 10:30 am Beginner Line Dance 10:30 to 11:30 am Line Dance 12 to 1 pm *SilverSneakers® Classic 1 to 2 pm *SilverSneakers® Yoga Class	EVERY WEDNESDAY: 1:30 to 2:30 pm Beginner Tai Chi 2:30 to 3:30 pm Tai Chi 3:30 to 4:30 pm Bone Strengthening Class	EVERY THURSDAY: 8:30 to 9:30 am 20.20.20 Exercise 9:30 to 10:30 am Zumba® 11 am to 12 pm Ballroom Dance Lessons with Dana Delgado	EVERY FRIDAY: 9 to 10 am Chair Dancing 10 to 11 am Zumba® 11 am to 12 pm *SilverSneakers® Classic 12 to 1 pm *SilverSneakers® Yoga 1 to 4 pm Humana Charity Crafters
---	--	--	---	--

Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		9 to 10:30 am Technology 101: Basics of the Internet and Computers		All day Go Red™! Wear Red to Support Heart Health 1:30 to 3 pm Healthy U: Healthy Heart
9	10	11	12	13
2 to 3 pm Kidney Smart Seminar		9 to 10:30 am Technology 101: Understanding Smartphones and Tablets	1 to 2 pm Just a Dash: How Much Salt is Too Much? 2 to 3 pm Healthy Cooking Demonstration: Low Sodium	2:30 to 4 pm Sweetheart Ball
16	17	18	19	20
2 to 3 pm Diabetic Education			2 to 3 pm Talking to Your Aging Relatives about the Future	2 to 3:30 pm Movie & Popcorn: Get on Up: The James Brown Story
23	24	25	26	27
				2 to 3:30 pm Movie & Popcorn: Dolphin Tale 2