

February 2015

Calendar of Events
for *Your* Kissimmee
Guidance Center

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

EVERY MONDAY: 10 to 11 am *SilverSneakers® Cardio & Strength 12:30 to 1:30 pm Zumba Gold® 1:30 to 2 pm Coffee Gathering 2 to 3 pm *SilverSneakers® Yoga Stretch	EVERY TUESDAY: 2 to 4 pm Movie & Popcorn: Oscar Favorites	EVERY WEDNESDAY: 9 to 10:30 am Charity Crafting: Knitting & Crocheting for a Cause 1 to 2 pm *SilverSneakers® Classic 2 to 3 pm *SilverSneakers® Yoga Stretch 3 to 4 pm Coffee Gathering	EVERY THURSDAY: 11:30 am to 12:30 pm *SilverSneakers® Cardio & Strength 12:30 to 1:30 pm Zumba Gold®	EVERY FRIDAY: 10 to 11 am *SilverSneakers® Cardio & Strength 12:30 to 1:30 pm Tai Chi 1:30 to 2 pm Coffee Gathering 2 to 4 pm Wii™ Bowling
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Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		11 am to 12 pm 2015 World Cancer Day Social	2 to 4 pm Valentine’s Dance: Learn to Dance the Tango!	9 to 10 am Go Red™ Fashion Show: Wear Red and Join the Cause!
9	10	11	12	13
	11:30 am to 12:30 pm *SilverSneakers® Cardio Fit	11 am to 12 pm Protecting Your Money  from Cons, Frauds, and ID Theft		
16	17	18	19	20
9 to 10 am  Just a Dash: How Much Salt Is Too Much? 10 to 11 am Heart Healthy Trail Mix Social	9 to 10:30 am  Technology 101: Understanding the Internet 11:30 to 12:30 pm *SilverSneakers® Cardio Fit	11 am to 12 pm  Healthy U: Healthy Heart	9 to 10:30 am  iPad® 101 (RSVP required) 2 to 3 pm  Healthy U: Healthy Heart (en Español)	
23	24	25	26	27
	9 to 10 am Around the World in 60 Minutes: Paris 10 to 11 am Healthy Cooking Demonstration: Healthy Salads 11:30 am to 12:30 pm *SilverSneakers® Cardio Fit	11 am to 12 pm February Birthday Celebration Featuring BINGO!	2 to 3:30 pm  Technology 101: Smartphones vs. Tablets	