

February 2015

Calendar of Events
for *Your* Columbus
Guidance Center

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

EVERY MONDAY:

9 to 9:45 am
Sweatin’ to the Oldies®
11:30 am to 12:15 pm
*SilverSneakers® Classic
12:15 to 1 pm
*SilverSneakers® Yoga
12 to 3 pm
Mahjong

EVERY TUESDAY:

9:30 to 10 am
Beginner
Walking Group
10 to 11 am
Intermediate
Walking Group
11 am to 12 pm
Tai Chi
12:30 to 1:30 pm
Crafting for Charity

EVERY WEDNESDAY:

11:30 am to 12:15 pm
*SilverSneakers®
Cardio Circuit
12:15 to 1 pm
*SilverSneakers® Yoga
1 to 2 pm
Zumba Gold®

EVERY THURSDAY:

9 to 10 am
Sweatin’ to the Oldies®
10:30 to 11:30 am
*SilverSneakers® Classic
12 to 1 pm
Sun Style Tai Chi
2:30 to 3:30 pm
Euchre

EVERY FRIDAY:

9:30 to 10:30 am
Sweatin’ to the Oldies®
(EXCEPTION: Feb. 13)
11:15 to 11:45 am
Beginner
Walking Group
11:45 am to 12:15 pm
Intermediate
Walking Group
3 to 4 pm
Zumba Gold®

Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	1:30 to 3:30 pm Movie & Popcorn: Lillies of the Field	All day World Cancer Day: Prevention Tips & Snacks 3:30 to 4:30 pm Healthy Cooking Demonstration: Low Sodium Recipes	1:15 to 2:15 pm Line Dancing 2:30 to 3:30 pm Fruit Basket Bingo	All day Wear Red Day®: Heart Healthy Snacks & Tips 12:30 to 2:30 pm BBC & Tea: Rosemary & Thyme (Eps. 1 & 2)
9	10	11	12	13
10 to 11 am OPERS Informational Session (For OPERS members only. RSVP required).	12:30 to 1:30 pm Do-It-Yourself Flooring Workshop: Installing Hardwood, Parquet, Laminated and Ceramic Tile 1:30 to 3:30 pm Movie & Popcorn: Annie Hall	2:30 to 3:30 pm Just a Dash: How Much Salt is Too Much?	1:15 to 2:15 pm Ballroom Dancing 2:30 to 4 pm Technology 101: PART 1 Basics of the Internet & Computers	9:30 to 11 am Jewelry Making Class 12:30 to 2:30 pm BBC & Tea: Rosemary & Thyme (Eps. 3 & 4)
16	17	18	19	20
10 to 11 am OPERS Informational Session (For OPERS members only. RSVP required). 1:30 to 2:30 pm Free Hearing Screening	12:15 to 1:15 pm Healthy U: Healthy Heart 1:30 to 3:30 pm Movie & Popcorn: Man of Steel 3:30 to 4:30 pm Mardi Gras Carnival	2:30 to 3:30 pm February Birthday Celebration	1:15 to 2:15 pm Line Dancing 2:30 to 3:30 pm Fruit Basket Bingo	12:30 to 2:30 pm BBC & Tea: Rosemary & Thyme (Eps. 5 & 6)
23	24	25	26	27
10 to 11 am OPERS Informational Session (For OPERS members only. RSVP required). 1:30 to 3 pm Concert Series: Duke Ellington	1:30 to 3:30 pm Movie & Popcorn: Mr. Holland’s Opus	2:30 to 3:30 pm Around the World in 60 Minutes: Paris	1:15 to 2:15 pm Ballroom Dancing 2:30 to 4 pm Technology 101: PART 2 Understanding Smartphones & Tablets	12:30 to 2:30 pm BBC & Tea: The Secret Garden