

February 2015

Calendar of Events
for *Your* Louisville
Guidance Center

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

EVERY MONDAY:

- 9 to 10 am
*SilverSneakers® Yoga
- 10 to 11 am
*SilverSneakers® Classic
- 11 to 11:45 am
Zumba Gold®
- 3 to 4 pm
*SilverSneakers® Classic

EVERY TUESDAY:

- 8:30 to 9 am
Beginner Walking Group
- 9 to 9:30 am
Intermediate Walking Group
- 11 am to 12:30 pm
Tai Chi
- 12:30 to 1:15 pm
*SilverSneakers® Cardio Circuit
- 2:30 to 4 pm
Downton Abbey Series

EVERY WEDNESDAY:

- 9 to 10:30 am
Tai Chi
- 10:30 to 11:30 am
Crossword Puzzles & Coffee
- 12:30 to 1 pm
Coupon Sharing Club



EVERY THURSDAY:

- 9 to 9:30 am
Beginner Walking Group
- 9:30 to 10 am
Intermediate Walking Group
- 11:30 am to 12:15 pm
Zumba Gold®

EVERY FRIDAY:

- 10 to 11 am
*SilverSneakers® Classic
- 11 am to 12 pm
*SilverSneakers® Yoga

Featured Events This Month

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| | | <div>All day World Cancer Day: Prevention Tips & Snacks</div> <div>10:45 am to 12:15 pm  Technology 101: Basics of the Internet and Computers</div> <div>2 to 3 pm Cooking for One: Layered Salad</div> | <div>9 to 11 am Humana One Educational Open House</div> <div>10 to 11 am  iPad® 101</div> <div>12:30 to 1:30 pm Congestive Heart Failure: Managing Day-to-Day, Presented by Marlyce Ali, MD</div> | <div>All day Wear Red Day®: Heart Healthy Snacks & Tips</div> <div>12:30 to 2:30 pm Movie and Popcorn: Maleficent</div> |
| 9 | 10 | 11 | 12 | 13 |
| | | <div>10:45 am to 12:15 pm  Technology 101: Understanding Smartphones and Tablets</div> <div>1 to 2 pm Just a Dash: How Much Salt is Too Much?</div> <div>2 to 3 pm Healthy Cooking Demonstration: Cooking with Low Sodium</div> | <div>10 to 11 am  iPad® 101</div> <div>1 to 2:30 pm Around the World in 60 Minutes: Cuba</div> | <div>12 to 12:30 pm Valentine's Day: Sweetheart Social</div> <div>12:30 to 2:30 pm Movie & Popcorn: The Love Punch</div> <div>2:30 to 3 pm Bingo</div> |
| 16 | 17 | 18 | 19 | 20 |
| <div>2 to 3 pm New Year, New You: Goal Achievers Support Group</div> | <div>1:30 to 2:30 pm Mardi Gras Celebration</div> | <div>2 to 3 pm Jane Fonda Firm & Burn</div> | <div>10 to 11 am  iPad® 101</div> <div>12:30 to 1:30 pm  Talking to Your Aging Relatives About the Future</div> <div>12:30 to 1:30 pm Charity Crafting</div> | <div>All day Love Your Pet Day! Bring in Items to Donate to the Humane Society</div> <div>12:30 to 2:30 pm Movie & Popcorn: Non-Stop</div> |
| 23 | 24 | 25 | 26 | 27 |
| | <div>1:30 to 2 pm February Birthday Party</div> | <div>11 am to 12 pm Protecting Your Money from Cons, Frauds, and ID Theft</div> <div>2 to 2:30 pm Natural Remedies</div> | <div>10 to 11 am  iPad® 101</div> <div>12:30 to 1:30 pm Healthy U: Healthy Heart </div> | <div>12:30 to 2:30 pm Movie & Popcorn: Belle</div> |