

February 2015

Calendar of Events
for *Your* Mesa
Guidance Center

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

EVERY MONDAY: 11:30 am to 12:30 pm *SilverSneakers® Classic	EVERY TUESDAY: 9 to 10 am Walking Group (Superstition Mall) 10 to 11 am *SilverSneakers® Yoga 11:30 am to 12:30 pm Intermediate Line Dance Lessons 2 to 3 pm Farm Basket Bingo 3:30 to 4:30 pm Ballroom Dance Lessons	EVERY WEDNESDAY: 2 to 4 pm Canasta	EVERY THURSDAY: 9 to 10 am Walking Group (Superstition Mall) 10 to 11 am *SilverSneakers® Yoga 11:30 am to 12:30 pm Beginner Line Dance Lessons	EVERY FRIDAY: 9 am to 12 pm Euchre 10 am to 12 pm Mahjong 2 to 4 pm Canasta
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Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2 1 to 3 pm Caps for the Cure Knit & Crochet Group	3	4 10 to 11:30 am Healthy Cooking Demonstration: Low Sodium 12:30 to 1:30 pm Healthy U: Healthy Heart	5 2 to 4 pm Movie & Popcorn: Edge of Tomorrow	6 9 am to 5 pm Wear Red Day®: Wear Red to Support Heart Health
9 1 to 3 pm Craft Day	10	11 12:30 to 1:30 pm Just a Dash: How Much Salt is Too Much?	12 2 to 4 pm Movie & Popcorn: The Face of Love	13 12 to 2 pm Valentine's Day Social
16 1 to 3 pm Caps for the Cure Knit & Crochet Group	17 10 am to 12 pm Mardi Gras Social	18 11 am to 12:30 pm Technology 101: Basics of the Internet and Computers	19 2 to 4 pm Movie & Popcorn: The Hundred Foot Journey	20 12 to 1 pm Ice Cream Social Birthday Celebration
23 1 to 3 pm Craft Day	24	25 10 to 11:30 am Technology 101: Understanding Smartphones and Tablets 11:30 am to 12:30 pm iPad® 101 Class	26 2 to 4 pm Movie & Popcorn: Guardians of the Galaxy	27