

February 2015

Calendar of Events
for *Your* Kansas City
Guidance Center

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

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| EVERY MONDAY: 10 to 11 am Charity Crocheting 11:45 am to 12:45 pm *SilverSneakers® Classic | EVERY TUESDAY: 10:45 to 11:45 am *SilverSneakers® Yoga 12 to 12:45 pm Richard Simmons: Sweatin’ to the Oldies® | EVERY WEDNESDAY: 10:30 to 11:30 am Zumba Gold® 11:45 am to 12:45 pm *SilverSneakers® Classic 1 to 1:30 pm Beginner Walking Group 1:45 to 2:15 pm Intermediate Walking Group | EVERY THURSDAY: 10:45 to 11:45 am *SilverSneakers® Yoga | EVERY FRIDAY: 1 to 1:30 pm Beginner Walking Group 1:45 to 2:15 pm Intermediate Walking Group 2 to 4 pm Wii™ Bowling |
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Featured Events This Month

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 1 to 2 pm Book Club: “A Captain for Laura Rose” by Stephanie Grace Whitson 2 to 4 pm Movie & Popcorn: Barefoot | 3 2 to 3 pm Bingo | 4 All day World Cancer Day: Prevention Tips & Snacks 2:30 to 3:30 pm Healthy U: Healthy Heart | 5 2 to 3 pm Birthday Party 3 to 5 pm Movie Classics: Angels in the Outfield 6 to 8 pm HumanaOne Open House | 6 All day Wear Red Day®: Heart Healthy Snacks & Tips 10 am to 12 pm HumanaOne Open House |
| 9 2 to 4 pm Movie & Popcorn: Need for Speed | 10 2 to 3:30 pm Technology 101: Basics of the Internet and Computers | 11 2:30 to 3:30 pm Valentine’s Day Party | 12 1:30 to 2:30 pm Healthy Cooking Demonstration: Low Sodium Recipes 3 to 5 pm Movie Classics: Funny Face | 13 11:45 am to 12:45 pm *SilverSneakers® Cardio |
| 16 1 to 2 pm Book Club: “A Land More Kind Than Home” by Wiley Cash 2 to 4 pm Movie & Popcorn: From the Rough | 17 1 to 2 pm Protecting Your Money from Cons, Frauds, and ID Theft 2 to 3:30 pm Technology 101: Understanding Smartphones and Tablets | 18 2:30 to 3:30 pm Artist Demonstration: Painting with Acrylics | 19 1:30 to 2:30 pm Bingo 3 to 5 pm Movie Classics: Singin’ in the Rain | 20 11:45 am to 12:45 pm *SilverSneakers® Cardio |
| 23 2 to 4 pm Movie & Popcorn: Divergent | 24 9 to 10 am Congestive Heart Failure: Managing Day-to-Day 2 to 3 pm Just a Dash: How Much Salt Is Too Much? | 25 2:30 to 3:30 pm Charity Crafting: Jars of Hope | 26 1:30 to 2:30 pm Bingo 3 to 5 pm Movie Classics: To Kill a Mockingbird | 27 11:45 am to 12:45 pm *SilverSneakers® Cardio |