

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 30 NO MINDFUL MONDAY Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	Jan 31 Agewell 10 Building Balance 11:15 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	Feb 1 Zumba Gold 9:30 Coffee w/ Council 10 Music w/Kay 10:30 Computer Chat 12 NO PILATES Open Art Studio 1 AARP Taxes 1	2 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Lunar New Year 10:30 Building Balance 11:15 Fit 4 All 12:15 Pool Party 12:30 AARP Taxes 1 Gentle Yoga 1:30	3 Total Toning 9:30 Massage 10 Sit, Stitch'n Give 11 Super Bowl Chili Tailgate 11 NO PILATES
6 NO MINDFUL MONDAYS Chair Yoga 10 Gentle Yoga 11 Talkin' Broadway 1 Open Art Studio 1	7 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30 Jam Session 1	8 MAP Outreach 9 Zumba Gold 9:30 Songs with Sinatra 11 Pilates 11:15 Open Art Studio 1 AARP Taxes 1	9 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Game Day 1 AARP Taxes 1 Gentle Yoga 1:30	10 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
13 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	14 Exercise Counseling 9 Agewell 10 Blood Pressure 10 Building Balance 11:15 Line Dance 11:15 Exercise Guidance 1 50+ Council 1 Ballroom Dance 1:30	15 Zumba Gold 9:30 Pilates 11:15 Computer Chat 12 Open Art Studio 1 AARP Taxes 1	16 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Lyric Opera 11 Building Balance 11:15 Fit 4 All 12:15 Matinee Movie 1 AARP Taxes 1 Gentle Yoga 1:30	17 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
20 50+ & Connections Closed for President's Day	21 Agewell 10 Healthy Tastings 10:30 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30	22 Nutrition Counseling 9:30 Zumba Gold 9:30 Sleep & Aging Well 11 Pilates 11:15 Open Art Studio 1 AARP Taxes 1	23 Agewell 10 News Talk 10 Fit 4 All 12:15 Game Day 1 AARP Taxes 1 Gentle Yoga 1:30	24 Massage 10 Officer Lingham 10 Sit, Stitch 'n Give 11 Pilates 11:15 ARL Health Fair 11:45
27 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	28 Agewell 10 Blood Pressure 10 Building Balance 11:15 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	March 1 Coffee w/ Council 10 Music w/Kay 10:30 Pilates 11:15 Computer Chat 12 Open Art Studio 1 AARP Taxes 1	2 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Pool Party 12:30 AARP Taxes 1 Gentle Yoga 1:30	3 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15

Lunch is served at Noon Monday - Friday except where indicated; see insert for Menu & Nutrition Notes

Walking Club Monday to Friday 8 am or walk the indoor track whenever there is open gym time

FEBRUARY 2017 OFFERINGS

Lunar New Year Tea Tasting

Thursday, February 2 10:30 am to 11:30 am
Sample a few loose leaf teas from China that showcase the depth and diversity of this culture while learning about health benefits.

Super Bowl Chili Tailgate

Friday, February 3 11 am to 1 pm
Cost: \$3 suggested donation
Join others for this social for football trivia and games followed by a chili meal with all your favorite game time foods. Reserve your space by 1/25.

Songs with Sinatra

Wednesday, February 8 11 am to 1 pm
Cost: \$3 plus Lunch donation for those 60+
Frank Sinatra tribute artist, Steve Flynn, returns for an afternoon of unforgettable hits. Enjoy a special lunch and sweet treats from our dessert bar. Tickets at 50+ Front Desk.

MAP Outreach

Wednesday, February 8 9 am
Visit with an OOAI Information & Assistance specialist in the Lobby.

Lyric Opera Baltimore Presents: Marian Anderson - A Legacy of Hope

Thursday, February 16 11 am to 1 pm
Cost: Lunch donation for those 60+
Explore the turbulent history of the Civil Rights Movement through Ms. Marion Anderson's repertoire of spirituals, operatic excerpts and art songs. A special lunch is available; must reserve by 2/8.

Healthy Tastings: Heart Healthy Treats

Tuesday, February 21 10:30 am to 11 am

Sleep and Aging Well

Wednesday, February 22 11 am
Dr. Eliasson will present how sleep affects our overall health as we age, information on sleep disorders and how to get a better night's rest.

ARL Health Fair

Friday, February 24 11:45 am to 12:30 pm
Visit with students from the Applications and Research Laboratory's Health Professions Academy for information on nutrition, health and wellness.

AARP Tax Assistance Program

Wednesdays, Feb 1, 8, 15 & 22 1 pm to 4 pm
Thursdays, Feb 2, 9, 16 & 23 1 pm to 4 pm
Free tax assistance to older adults and low income people by IRS certified counselors on your 2016 Federal & Maryland State tax returns. By appointment only. Call the 50+ Front Desk.

Matinee Movie: Jack Reacher - Never Go Back

Thursday, February 16 1 pm to 3 pm

Age Well Exercise Tuesdays & Thursdays
10 am to 11 am 2/9 to 3/7

Building Balance Tuesdays & Thursdays
11:15 am to 12 pm 1/26 to 2/21

Mat Pilates Wednesdays & Fridays
11:15 am to 12:05 pm 1/25 to 2/24 No class 2/1 & 2/3

Total Toning Fridays
9:30 am to 10:15 am 1/13 to 2/17

Chair Yoga Mondays
10 am to 10:50 am 2/13 to 4/10 No class 2/20

Gentle Yoga Mondays
11 am to 12:15 pm 2/13 to 4/10 No class 2/20

Sign - up for programs at 50+ Front Desk