

# Activity Calendar

## February 2019

Activities with a star\* require a prepaid fee. All other activities are open to 55+ members.

Please call us if you plan on attending any upcoming activities so we can notify you of any changes or cancellations.

Lunch is served every weekday at noon in room 418.

*Pickleball Court Schedule:*

**2 Courts Available:**  
**Monday:** 12:30-3pm  
**Tuesday:** 12:30-3pm  
**Wednesday:** 11:00am-3pm  
**Thursday:** 12:30-3pm  
**Friday:** 11:00am-3pm

Weekend Activities:

**Photo Interest Group:**  
**Lightroom Tutorial, RM217**  
*Sun., Feb. 10, 3-5pm*

**55+ Social Art Swap, RM526**  
*Sun., Feb. 24, 3-4:30pm*

Monday	Tuesday	Wednesday
<b>4</b> 8:50-9:50 Happy Feet* RM411 9:00-10:00 Welcome Pickleball'rs GYM 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 10:10-11:10 Core Conditioning* RM411 11:25-12:15 Stretching* RM411 11:45-1:00 Spanish Conversation RM413 12:30-1:30 Healthy Hips, Shoulders* RM411 12:30-3:00 55+ Pickleball Drop-in GYM 1:45-2:45 55+ Pilates* RM411 3:30-5:00 Gentle & Meditative Yoga* RM527 4:00-10:00 55+ Open Hours RM205	<b>5</b> 9:00-9:50 Cardio Boxing & More* GYM 9:15-10:00 Strength Training RM527 9:30-11:00 Spanish Class RM411 10:00-11:00 Rummikub RM205 10:00-12:00 Crochet Group RM205 10:00-12:00 Table Games RM205 10:00-2:00 Table Tennis Game RM 10:00-12:00 Origami Group RM404 10:30-12:00 Advisory Committee RM527 12:30-3:00 55+ Pickleball Drop-in GYM 1:45-2:45 Advanced Pilates* RM411	<b>6</b> 9:00-10:00 Senior Segments in Sixty* GYM 10:00-12:00 Table Games RM205 10:00-11:00 Rummikub RM205 10:00-12:00 Open Watercolor Studio RM526 <b>11:00-12:00 Seafood in a Snap RM527</b> 11:00-3:00 55+ Pickleball Drop-in GYM 10:30-1:00 Arlington Mill Crafters RM404 11:00-12:00 Bingo* RM411 4:30-6:00 Gentle & Meditative Yoga* RM527 <b>6:30-7:30 Plant Protein Power RM527</b>
<b>11</b> 8:50-9:50 Happy Feet* RM411 9:00-10:00 Welcome Pickleball'rs GYM 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 <b>10:00-12:00 Travel Registration RM217</b> 10:10-11:10 Core Conditioning* RM411 11:25-12:15 Stretching* RM411 11:45-1:00 Spanish Conversation RM413 12:30-1:30 Healthy Hips, Shoulders* RM411 12:30-3:00 55+ Pickleball Drop-in GYM 1:45-2:45 55+ Pilates* RM411 3:30-5:00 Gentle & Meditative Yoga* RM527 4:00-10:00 55+ Open Hours RM205	<b>12</b> 9:00-9:50 Cardio Boxing & More* GYM 9:15-10:00 Strength Training RM527 9:30-11:00 Spanish Class RM411 10:00-11:00 Rummikub RM205 10:00-12:00 Crochet Group RM205 10:00-12:00 Table Games RM205 10:00-2:00 Table Tennis Game RM <b>10:30-12:00 Art with Liz RM526</b> 10:00-12:00 Origami Group RM404 12:30-3:00 55+ Pickleball Drop-in GYM 1:45-2:45 Advanced Pilates* RM411	<b>13</b> 9:00-10:00 Senior Segments in Sixty* GYM 10:00-12:00 Table Games RM205 10:00-11:00 Rummikub RM205 10:00-12:00 Open Watercolor Studio RM526 11:00-3:00 55+ Pickleball Drop-in GYM 10:30-12:45 Arlington Mill Crafters RM404 4:30-6:00 Gentle & Meditative Yoga* RM527 <b>8:00-9:30 The Eaton Woman RM527</b>
<b>18</b> County Holiday Center Closed	<b>19</b> 9:00-9:50 Cardio Boxing & More* GYM 9:15-10:00 Strength Training RM527 9:30-11:00 Spanish Class RM411 10:00-11:00 Rummikub RM205 10:00-12:00 Crochet Group RM205 10:00-12:00 Table Games RM205 10:00-12:00 Origami Group RM404 10:00-2:00 Table Tennis Game RM 12:30-3:00 55+ Pickleball Drop-in GYM 1:45-2:45 Advanced Pilates* RM411	<b>20</b> 9:00-10:00 Senior Segments in Sixty* GYM 10:00-12:00 Table Games RM205 10:00-11:00 Rummikub RM205 10:00-12:00 Open Watercolor Studio RM526 11:00-3:00 55+ Pickleball Drop-in GYM 10:30-1:00 Arlington Mill Crafters RM404 4:30-6:00 Gentle & Meditative Yoga* RM527 <b>7:00-8:00 Valentines Trivia RM527</b> <b>7:00-8:00 Fuerza Contra Alzheimers RM205</b>
<b>25</b> 8:50-9:50 Happy Feet* RM411 9:00-10:00 Welcome Pickleball'rs GYM 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 10:10-11:10 Core Conditioning* RM411 11:25-12:15 Stretching* RM411 11:45-1:00 Spanish Conversation RM413 12:30-1:30 Healthy Hips, Shoulders* RM411 12:30-3:00 55+ Pickleball Drop-in GYM 1:45-2:45 55+ Pilates* RM411 3:30-5:00 Gentle & Meditative Yoga* RM527 4:00-10:00 55+ Open Hours RM205	<b>26</b> 9:00-9:50 Cardio Boxing & More* GYM 9:15-10:00 Strength Training RM527 9:30-11:00 Spanish Class RM411 10:00-11:00 Rummikub RM205 10:00-12:00 Crochet Group RM205 10:00-12:00 Table Games RM205 10:00-12:00 Origami Group RM404 10:00-2:00 Table Tennis Game RM <b>10:30-12:00 Art with Jen RM526</b> 12:30-3:00 55+ Pickleball Drop-in GYM <b>1:00-3:30 Movies &amp; Critics: The Favourite (R) RM525</b> 1:45-2:45 Advanced Pilates* RM411	<b>27</b> 9:00-10:00 Senior Segments in Sixty* GYM 10:00-12:00 Table Games RM205 10:00-11:00 Rummikub RM205 10:00-12:00 Open Watercolor Studio RM526 11:00-3:00 55+ Pickleball Drop-in GYM 10:30-12:45 Arlington Mill Crafters RM404 11:00-12:00 Bingo RM411 4:30-6:00 Gentle & Meditative Yoga* RM527 <b>7:00-8:00 Smart Home RM527</b>

Thursday	Friday
<b>7</b> 9:00-10:00 Arlington Mill Trekkers PLAZA 9:15-10:00 Strength Training RM527 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 11:45-1:30 Arabic Class RM411 12:30-3:00 55+ Pickleball Drop-in GYM <b>10:45-11:30 Story Time! RM217</b> 1:00-2:00 Line Dancing RM527 <b>1:00-2:00 Fall Prevention RM411</b> 4:00-10:00 55+ Open Hours RM205	<b>1</b> 9:00-10:00 Pickleball for Beginners* GYM 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 10:00-11:00 55+ Pilates* RM411 11:00-3:00 55+ Pickleball Drop-in GYM 10:00-12:00 Emma's Craft Corner RM205 11:00-12:00 Healthy Hips, Shoulders* RM411 11:00-1:00 Open Art Studio RM526 12:15-1:15 Advanced Pilates* RM411 4:00-10:00 55+ Open Hours RM205
<b>14</b> 9:00-10:00 Arlington Mill Trekkers PLAZA 9:15-10:00 Strength Training RM527 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 <b>10:45-11:30 Story Time! RM217</b> 11:45-1:30 Arabic Class RM411 12:30-3:00 55+ Pickleball Drop-in GYM 1:00-2:00 Line Dancing RM527 4:00-10:00 55+ Open Hours RM205	<b>8</b> 9:00-10:00 Pickleball for Beginners* GYM 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 10:00-11:00 55+ Pilates* RM411 11:00-3:00 55+ Pickleball Drop-in GYM 10:00-12:00 Emma's Craft Corner RM205 11:00-12:00 Healthy Hips, Shoulders* RM411 11:00-1:00 Open Art Studio RM526 12:15-1:15 Advanced Pilates* RM411 4:00-10:00 55+ Open Hours RM205
<b>21</b> 9:00-10:00 Arlington Mill Trekkers PLAZA 9:15-10:00 Strength Training RM527 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 11:45-1:30 Arabic Class RM411 12:30-3:00 55+ Pickleball Drop-in GYM <b>10:45-11:30 Story Time! RM217</b> 1:00-2:00 Line Dancing RM527 <b>1:00-3:30 Movies &amp; Critics: First Man (PG-13) RM525</b> 4:00-10:00 55+ Open Hours RM205	<b>15</b> 9:00-10:00 Pickleball for Beginners* GYM 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 10:00-11:00 55+ Pilates* RM411 11:00-3:00 55+ Pickleball Drop-in GYM <b>10:00-12:00 Open Latino Dance RM527</b> 10:00-12:00 Emma's Craft Corner RM205 11:00-12:00 Healthy Hips, Shoulders* RM411 11:00-1:00 Open Art Studio RM526 12:15-1:15 Advanced Pilates* RM411 4:00-10:00 55+ Open Hours RM205
<b>28</b> 9:00-10:00 Arlington Mill Trekkers PLAZA 9:15-10:00 Strength Training RM527 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 11:45-1:30 Arabic Class RM411 12:30-3:00 55+ Pickleball Drop-in GYM <b>10:45-11:30 Story Time! RM217</b> 1:00-2:00 Line Dancing RM527 4:00-10:00 55+ Open Hours RM205	<b>22</b> 9:00-10:00 Pickleball for Beginners* GYM 10:00-11:00 Rummikub RM205 10:00-12:00 Table Games RM205 10:00-11:00 55+ Pilates* RM411 11:00-3:00 55+ Pickleball Drop-in GYM 10:00-12:00 Emma's Craft Corner RM205 11:00-12:00 Healthy Hips, Shoulders* RM411 11:00-1:00 Open Art Studio RM526 <b>11:00-12:00 Birthday Celebration RM205</b> 12:15-1:15 Advanced Pilates* RM411 <b>1:00-3:00 Social Ballroom Dance RM527</b> 4:00-10:00 55+ Open Hours RM205