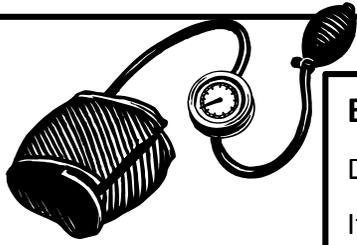


### Be Healthy:

Blood Sugar Checks: 2<sup>nd</sup> Thursday – 10:30 to 11:30 am (L)  
 Healthy Heart Cooking Class: 2<sup>nd</sup> Thursday – 2:30 pm (DH)  
 Memory Screening: 2<sup>nd</sup> Monday – 9:00 to 11:30 am (2)\*  
 Mini Health Clinic: Last Thursday – 10:00am to 12:00pm (L)



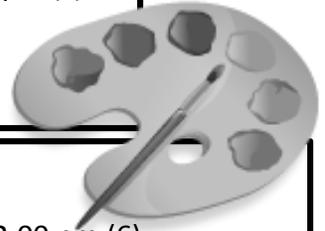
### Be Supported:

AA: Wednesdays - 7:30 pm (DH)  
 Caregivers Support: Wednesdays – 12:30 pm (7)  
 Diabetic Support: Mondays – 9:30 am (6)  
 Hearing Loss Support: 1<sup>st</sup>&3<sup>rd</sup> Monday – 2:00pm (2)  
 Low Vision Support: 2<sup>nd</sup> & 4<sup>th</sup> Monday – 2:00 pm (2)



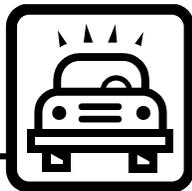
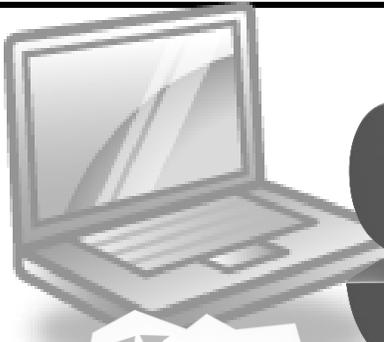
### Be Active:

Dance Fusion: Mondays – 9:30 am & Thursdays – 10:30 am (SH)  
 Italian Folk Dancers: Thursdays – 7:30 pm (DH)  
 Laughter Yoga: Fridays – 9:30 am (L)  
 Line Dancing (Beginners): Tuesdays – 10:30 am (SH)  
 Line Dancing (Intermediate): Fridays – 10:30 am (SH)  
 Strength Training & Aerobics: Mondays & Thursdays – 1:00 pm (DH)  
 Tai Chi (Beginners & Advance): Tuesdays & Thursdays – 9:00 am (RC)  
 Tai Chi for Seniors: Tuesdays & Thursdays – 10:00 am (NC)  
 Mindful Movement for the Mind, Body& Soul: Wednesdays – 2:30 pm (L)  
 Yoga: Wednesdays – 10:30 am (SH)  
 Yoga (Chair): Mondays – 11:00 am (SH)



### Be Helped:

Community Law Program: 3<sup>rd</sup> Friday – 9:30 am (2)\*\*  
 Phones for Hearing Impaired: 3<sup>rd</sup> Tuesday–9:30 am (7)\*\*\*  
 SHINE: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday – 12:30 to 3:00 pm (3)\*  
 Senior Help Line: 800-963-5337



### Be Smart:

AARP Safe Driving Class: 1<sup>st</sup> & 2<sup>nd</sup> Tuesday – 1:00 pm (6)  
 Coffee Club(Investment Group):1<sup>st</sup> Tuesday–10:00am (7)  
 Computer Class (Beginners): Tuesdays – 2:00 pm (7)\*  
 Computer Class (Advanced): Wednesdays–2:00 pm (7)\*  
 Investment Discussion: Wednesdays – 10:00 am (7)  
 Italian Classes: Thursdays–6:00 pm & 7:00 pm (2,6,7,DH)  
 Mah-Jongg Instruction: Mondays – 12:00 pm (7)  
 Spanish Class: Thursdays – 9:30 am (7)

### Be Creative:

Art (Open Studio): Mondays – 2:00 pm (6)  
 Art (Watercolor): Wednesdays – 1:00 pm (6)  
 Art (Workshop): Thursdays – 9:00 am (6)  
 Harmonica Club: Wednesdays – 9:00 am (6)  
 Improv & Storytelling: Mondays – 5:30 pm (7)  
 Knitting & Crocheting: Fridays – 9:00 am (DH)  
 Writers Workshop: Fridays – 9:30 am (6)  
 Quilters: Tuesdays – 10:00 am (6)



### Be Fun:

Bingo: Fridays – 1:00 pm (DH)  
 Board Games: Mondays – 1:00 pm (7)  
 Bridge: Tuesdays(DH)&Thursdays(L) – 2:00 pm  
 Canasta: Wednesdays – 6:30 pm (7)  
 Pinochle: Wednesdays – 6:30 pm (6)  
 Chat Room:1: Fridays – 1:30 pm (6)  
 Euchre: Tuesdays – 6:30 pm (DH)  
 Happy Birthday Party: 4<sup>th</sup> Friday – 3:00 pm (DH)  
 Movie Day at the Snack Bar: 2<sup>nd</sup> Tuesday – 11:00 am (7)  
 Super Savers – Coupon Club: Fridays – 11:30 am (SB)  
 Wii Bowling: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday – 6:30 pm (6)  
 Wii Bowling (Competitive Team): Thursdays–1:00pm(6)

\* MUST call 727-893-5657 to schedule  
 \*\* MUST call 727-582-7480 to qualify  
 \*\*\* MUST call 727-399-9983 to qualify  
 2 = Room 102  
 3 = Room 103  
 6 = Room 106  
 7 = Room 107

L = Theater Lobby  
 DH = Dining Hall  
 SB = Snack Bar  
 SH = Scout Hall  
 RC = Recreation Center  
 NC = Neighborhood Center