

McGuire Senior Center Activity Schedule February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 Strength Training 10:00 Coffee Chit-Chat 10:30 Armchair Traveler Eastern Africa 12:00 Lunch 1:00 BINGO	2 CLOSED
3 1:15 PM BINGO BUNDLE	4 9:30 Crochet Club 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Lunch 2:00 Movin' with Music	5 10:00 Coffee Chit-Chat 12:00 Lunch 1:00 Movie – I Can Only Imagine	6 10:00 Coffee Chit-Chat 12:00 Lunch 1:00 Golden Age Meeting 3:30 Strength Training	7 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Lunch	8 9:30 Strength Training 10:00 Coffee Chit-Chat 10:30 Armchair Traveler The Netherlands & Amsterdam 12:00 Lunch 1:00 BINGO	9 CLOSED
10 NO BINGO	11 9:30 Crochet Club 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Lunch 2:00 Movin' with Music	12 CENTER CLOSED Lincoln's Birthday	13 10:00 Coffee Chit-Chat 12:00 Valentine's Day Luncheon 3:30 Strength Training	14 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Lunch	15 9:30 Strength Training 10:00 Coffee Chit-Chat 10:30 Armchair Traveler Cuba & Haiti 12:00 Lunch 1:00 BINGO	16 CLOSED
17 NO BINGO	18 CENTER CLOSED Presidents' Day	19 10:00 Coffee Chit-Chat 10:30 Sunrise Assisted Living 12:00 Lunch 1:00 Movie – Crazy Rich Asians	20 10:00 Coffee Chit-Chat 12:00 Lunch 1:00 Golden Age Pizza Bingo 3:30 Strength Training	21 10:00 Coffee Chit-Chat 10:00 Blood Pressure Check 11:00 Chair Exercise 12:00 Lunch	22 9:30 Strength Training 10:00 Coffee Chit-Chat 10:30 Armchair Traveler Eastern Canada 12:00 Lunch 1:00 BINGO	23 CLOSED
24 NO BINGO	25 9:30 Crochet Club 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Lunch 12:30 Podiatrist 2:00 Movin' with Music	26 10:00 Coffee Chit-Chat 12:00 Lunch 1:00 Movie – Strangers on a Train	27 10:00 Coffee Chit-Chat 12:00 Lunch 3:30 Strength Training	28 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Lunch	PLEASE CALL THE CENTER WITH ANY QUESTIONS (201) 767-3330 – Option #5	