

FEBRUARY 2012

ONGOING ACTIVITIES*

Monday 10:30-12:30 Bobble Ball
 Tues/Thur 12:30-4:00 Bridge & Cribbage
 Friday 1:00-3:00 Wii
 Mon-Fri 12:00 Lunch

*See page 7 for more information

		1	2	3
	8:00-9:30 Open Exercise CR 8:30-12:00 Healthy Living Series CONF 8:30-10:00 Yoga Club MUW 9:30-11:20 Chair Exercise MUE 9:30-11:30 Lite Aerobics A/C \$ 12:45-3:00 Movie: "Moneyball" MUE 1:00-2:30 Bereavement Support CR		8:00-9:30 Open Exercise ER 8:15-9:15 Zumba! Gold MUE \$ 9:00-10:00 Relaxation & Meditation CR 10:00-11:30 All About Email COMP 10:00-11:30 CTAP G 10:00-12:00 Physical Fitness MUE 1:00-3:00 Tai Chi Chuan ER	8:00-9:30 Open Exercise ER 9:00-12:00 Calligraphy CONF 9:30-11:30 Senior Chorus A/C 9:30-11:30 Arthritis Foundation MUE 10:00-12:00 Yoga ER \$ 1:00-2:15 Senior Support Group CR 3:00-4:30 Balance & Mobility ER
6	7	8	9	10
8:00-9:30 Open Exercise CR 9:00-11:00 Balance & Mobility ER 10:00-12:00 Quilt And Sew A/C 10:00-12:00 Physical Fitness MUE 1:00-2:00 Advanced Spanish CONF 1:00-3:00 Yoga ER \$ 1:00-3:00 Country Line Dance MUE \$ 2:00-4:00 Chair Exercise MUW	8:00-9:30 Open Exercise ER 9:00-10:00 Tai Chi MUE 9:00-11:00 Painting A/C 10:00-11:00 Arthritis Foundation ER 10:00-11:30 Intro to Computers COMP \$ 10:30-11:30 Keep Your Brain Buff CR 12:00-1:00 Adv. Country Line Dance MUE 1:00-2:00 Int. Country Line Dance MUE 1:00-2:00 Beginning Line Dance ER 1:00-3:00 Creative Writing CONF 1:30-3:30 Ceramics A/C	8:00-9:30 Open Exercise CR 8:30-12:00 Healthy Living Series CONF 8:30-10:00 Yoga Club MUW 9:30-11:20 Chair Exercise MUE \$ 9:30-11:30 Lite Aerobics A/C \$ 12:45-3:00 Movie: "The Ides of March" MUE 1:00-2:30 Bereavement Support CR	8:00-9:30 Open Exercise ER 8:15-9:15 Zumba! Gold MUE \$ 9:00-10:00 Relaxation & Meditation CR 10:00-11:30 All About Email COMP \$ 10:00-12:00 Physical Fitness MUE 10:30-11:30 The Skinny on Fat CONF 1:00-3:00 Tai Chi Chuan ER	8:00-9:30 Open Exercise ER 9:00-12:00 Calligraphy CONF 9:30-11:30 Senior Chorus A/C 9:30-11:30 Arthritis Foundation MUE 10:00-12:00 Yoga ER \$ 1:00-2:15 Senior Support Group CR 3:00-4:30 Balance & Mobility ER
13	14	15	16	17
8:00-9:30 Open Exercise CR 9:00-11:00 Balance & Mobility ER 10:00-12:00 Quilt And Sew A/C 10:00-12:00 Physical Fitness MUE 1:00-2:00 Advanced Spanish CONF 1:00-3:00 Yoga ER \$ 1:00-3:00 Country Line Dance MUE \$ 2:00-4:00 Chair Exercise MUW	8:00-9:30 Open Exercise ER 9:00-10:00 Tai Chi MUE 9:00-11:00 Painting A/C 10:00-11:00 Arthritis Foundation ER 10:00-11:30 Intro to Computers COMP \$ 10:30-11:30 Heart Health CONF 10:30-11:30 Keep Your Brain Buff CR 12:00-1:00 Adv. Country Line Dance MUE 1:00-2:00 Int. Country Line Dance MUE 1:00-2:00 Beginning Line Dance ER 1:00-3:00 Creative Writing CONF 1:30-3:30 Ceramics A/C	8:00-9:30 Open Exercise ER 8:30-10:00 Yoga Club MUW 8:30-12:00 Healthy Living Series CONF 9:30-11:20 Chair Exercise MUE 9:30-11:30 Lite Aerobics A/C \$ 12:45-3:00 Movie: "The Big Year" MUE 1:00-2:30 Bereavement Support A/C 1:30-3:00 & Alzheimer's Caregiver CONF 7:00-8:30 Support Group CONF	8:00-9:30 Open Exercise ER 8:15-9:15 Zumba! Gold MUE \$ 9:00-10:00 Relaxation & Meditation CR 10:00-11:30 All About Email COMP \$ 10:00-12:00 Physical Fitness MUE 1:00-3:00 Tai Chi Chuan ER	8:00-9:30 Open Exercise ER 9:00-12:00 Calligraphy - cancelled CONF 9:30-11:30 Senior Chorus - cancelled 9:30-11:30 Arthritis Foundation-cancelled 10:00-12:00 Yoga ER \$ 1:00-2:15 Senior Support Group CR 3:00-4:30 Balance & Mobility - cancelled
20	21	22	23	24
<h2>Cypress Senior Center Closed</h2>	8:00-9:30 Open Exercise ER 9:00-10:00 Tai Chi MUE 9:00-11:00 Painting A/C 10:00-11:00 Arthritis Foundation ER 10:00-11:30 Intro to Computers COMP \$ 10:30-11:30 Advance Directives CONF 10:30-11:30 Keep Your Brain Buff CR 12:00-1:00 Adv. Country Line Dance MUE 1:00-2:00 Int. Country Line Dance MUE 1:00-2:00 Beginning Line Dance ER 1:00-3:00 Creative Writing CONF 1:30-3:30 Ceramics A/C	8:00-9:30 Open Exercise ER 8:30-10:00 Yoga Club MUW 8:30-12:00 Healthy Living Series CONF 9:30-11:20 Chair Exercise MUE 9:30-11:30 Lite Aerobics A/C \$ 12:45-3:00 Movie: "Anonymous" MUE 1:00-2:30 Bereavement Support CR	8:00-9:30 Open Exercise ER 8:15-9:15 Zumba! Gold MUE \$ 9:00-10:00 Relaxation & Meditation CR 10:00-11:30 All About Email COMP \$ 10:00-12:00 Physical Fitness MUE 10:30-11:30 Dehydration CONF 1:00-3:00 Tai Chi Chuan ER	8:00-9:30 Open Exercise ER 9:00-12:00 Calligraphy CONF 9:30-11:30 Senior Chorus A/C 9:30-11:30 Arthritis Foundation MUE 10:00-12:00 Yoga ER \$ 1:00-2:00 The French Revolution MUE 1:00-2:15 Senior Support Group CR 3:00-4:30 Balance & Mobility ER
27	28	29	ROOM LEGEND	
8:00-9:30 Open Exercise CR 9:00-11:00 Balance & Mobility ER 10:00-12:00 Quilt And Sew A/C 10:00-12:00 Physical Fitness MUE 1:00-2:00 Advanced Spanish CONF 1:00-3:00 Yoga ER \$ 1:00-3:00 Country Line Dance MUE \$ 2:00-4:00 Chair Exercise MUW	8:00-9:30 Open Exercise ER 9:00-10:00 Tai Chi MUE 9:00-11:00 Painting A/C 10:00-11:00 Arthritis Foundation ER 10:00-11:30 Intro to Computers COMP \$ 10:00-11:00 Senior-Preneur CONF 10:30-11:30 Keep Your Brain Buff CR 12:00-1:00 Adv. Country Line Dance MUE 1:00-2:00 Int. Country Line Dance MUE 1:00-2:00 Beginning Line Dance ER 1:00-3:00 Creative Writing CONF 1:30-3:30 Ceramics A/C	8:00-9:30 Open Exercise ER 8:30-10:00 Yoga Club MUW 8:30-12:00 Healthy Living Series CONF 9:30-11:20 Chair Exercise MUE 9:30-11:30 Lite Aerobics A/C \$ 12:45-3:00 Movie: "50/50" MUE 1:00-2:30 Bereavement Support CR		
			Arts And Crafts Room A/C Card Room CR Conference Room CONF Computer Lab COMP Exercise Room ER Galleria G Health Services HS Multi Use Room MU Multi Use Room East MUE Multi Use Room West MUW Parking Lot P	