

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|---|---|---|---|---|---|---|
|   | 9:00 Gentle Aerobics <b>1</b><br>9:30 Wood Carving<br>10:00 Weights<br>10:30 Aerobics Plus<br>11:30 Arthritis Tai Chi<br>12:45 Duplicate Bridge<br><b>1-4:00 Tax Aide</b>   | <b>Ground Hog Day 2</b><br><b>8:00 Blood Profiles</b><br>10:00 Creative Writing<br>10:15 Yang Tai Chi<br>11:20 Arthritis Tai Chi<br>1:00 Bingo/ Yoga Stretch<br>2:00 Balance Plus | 9:00 Gentle Aerobics <b>3</b><br>9:30 Watercolor Painting<br><b>9:30 Caregive Support</b><br>10:00 Woodworkers Mtg.<br>10:30 Aerobics Plus<br>12:45 Bridge<br><b>5:30 Line Dancing</b>                              | 10:30 Yang Tai Chi <b>4</b><br>11:30 Arthritis Tai Chi<br>12:00 Canasta<br>1:00 Bingo /Pinochle /&<br>Scrabble/ Yoga Stretch<br>2:00 Balance Plus<br><b>Computer Classes</b>                    | 9:00 Silver Sneakers <b>5</b><br>9:00 Strong Women<br>10:00 Board Mtg.<br>10:00 Weights<br>10:30 Aerobics Plus<br>11:30 Arthritis Tai Chi<br>12:45 Bridge                                       |   |
| 7   | 9:00 Gentle Aerobics <b>8</b><br>9:30 Wood Carving<br><b>10:00 Greece Slide Show</b><br>10:00 Weights<br>10:30 Aerobics Plus<br>11:30 Arthritis Tai Chi<br><b>Foot Clinic by Appt.</b><br><b>1-4:00 Tax Aide</b>  | <b>9</b><br>10:00 Creative Writing<br>10:15 Yang Tai Chi<br>11:20 Arthritis Tai Chi<br>1:00 Bingo/ Yoga Stretch<br>2:00 Balance Plus  | 9:00 Gentle Aerobics <b>10</b><br>9:30 Watercolor Painting<br>10:30 Aerobics Plus<br>12:30 Blood Pressure<br>12:45 Bridge<br><b>1:00 Forgetters</b><br><b>5:30 Line Dancing</b>                                     | 10:30 Yang Tai Chi <b>11</b><br>11:30 Arthritis Tai Chi<br>12:00 Canasta<br>1:00 Bingo /Pinochle /&<br>Scrabble<br>1:00 Yoga Stretch<br>2:00 Balance Plus<br><b>6:00 Volunteer Appreciation</b> | <b>Valentine's Dinner 12</b><br><b>9:30 Cinnamon Rolls</b><br>9:00 Silver Sneak. Strong Wom.<br>10:30 Aerobics Plus<br>11:30 Arthritis Tai Chi<br>12:45 Bridge<br><b>1:00 Valentine's Dance</b> | 13  |
| 14  | <b>15</b><br><b>Holiday</b>   | <b>16</b><br><b>Florida State Day</b><br>10:00 Creative Writing<br>10:15 Yang Tai Chi<br>11:20 Arthritis Tai Chi<br>1:00 Bingo/ Yoga Stretch<br>2:00 Balance Plus                 | <b>8:00 Blood Profile 17</b><br>9:00 Gentle Aerobics<br>9:30 Watercolor Painting<br><b>10:00 Bucket List Seminar</b><br>10:30 Aerobics Plus<br>12:30 Blood Pressure<br>12:45 Bridge<br><b>3:30 Caregive Support</b> | <b>10:00 Elder Abuse Semina18</b><br>10:30 Yang Tai Chi<br>11:30 Arthritis Tai Chi<br>12:00 Canasta<br>1:00 Bingo /Pinochle/<br>Scrabble<br>1:00 Yoga Stretch<br>2:00 Balance Plus              | 9:00 Silver Sneakers <b>19</b><br>9:00 Strong Women<br>10:00 Weights<br>10:30 Aerobics Plus<br>11:30 Arthritis Tai Chi<br>12:45 Bridge  | 20  |
| 21  | 9:00 Gentle Aerobics <b>22</b><br>9:30 Wood Carving<br>10:30 Aerobics Plus/ Book Club<br>11:30 Arthritis Tai Chi<br><b>12:00 Foot Clinic Appreciation</b><br>12:45 Duplicate Bridge<br><b>5:30 Pancake &amp; Bingo</b><br><b>Foot Clinic by Appt.</b><br><b>1-4:00 Tax Aide</b> | <b>23</b><br>10:00 Creative Writing<br>10:15 Yang Tai Chi<br>11:20 Arthritis Tai Chi<br>1:00 Bingo/ Yoga Stretch<br>2:00 Balance Plus   | <b>24</b><br>9:00 Gentle Aerobics<br>9:30 Watercolor Painting<br>10:30 Aerobics Plus<br>12:45 Bridge<br>12:30 Blood Pressure<br><b>Lone Mt Sleigh Ride</b>  | 9:00 Weights/ Stretching <b>25</b><br>10:30 Yang Tai Chi<br>11:30 Arthritis Tai Chi<br>12:00 Canasta<br>1:00 Bingo / Scrabble<br>1:00 Pinochle Party<br>1:00 Yoga Stretch<br>2:00 Balance Plus  | <b>26</b><br>9:00 Silver Sneakers<br>9:00 Strong Women<br>10:00 Weights<br>10:30 Aerobics Plus<br>11:30 Arthritis Tai Chi<br>12:45 Bridge Party   | <b>27</b><br><b>Senior Dance</b><br><b>7:00 - 10:00 p.m.</b><br><b>\$5.00 per person</b>  |
| 28  | <h1>February 2010</h1> <h2>Bozeman Senior Center</h2> <p>586-2421</p>   |   |   |   |   | 10:00 - 2:00 Second Hand Rose M-F<br>Legal Services by appt. 586-2421<br>Computer Instruction and Foot Clinic,<br>by appointment 586-2421<br>12:30 on Wednesdays - Blood Pressure Checks<br>Woodworkers Shop Members only 8:30 - 4:00 |
| <p><a href="http://www.montanaseniorcenter.org">www.montanaseniorcenter.org</a></p> |   |   |   |   |   |   |

