

MONDAY Meals on Wheels / Meal Site	TUESDAY Meals on Wheels / Meal Site	WEDNESDAY Meals on Wheels	THURSDAY Meals on Wheels / Meal Site	FRIDAY Meals on Wheels
<h1>FEBRUARY 2012</h1>		1 In-town Shop (☎) 8:30 Yoga 10:00 Osteo Fitness 10:30-1 Hugh's Valentine Luncheon & Music (☎) 4:00 "Try Zumba" @ BSE	2 8:30 Yoga 10:00 Exercise Class Noon-Ashfield Luncheon 12-1:45 Bingo	3 9:00 Morning Meditation Staff available by phone
6 10-11 Health Clinic 10-11:30 Staff Meeting 10:30 Scrabble 12:15 Wii Bowling 1-3:00 Computer Lab Open	7 8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise Class 12:15 Wii Bowling 1:30 Friends Meeting 4:00 Tai Chi	8 In-town Shop (☎) 8:30 Yoga 9:45-3:30 SHINE (☎) 10:00 Osteo Fitness 11:00 Lunch Bunch (☎) 4:00 Zumba @ BSE 5-7 Men's Night	9 8:30 Yoga 10:00 Exercise Class 12-1:45 Bingo 3:30 Board of Directors	10 9:00 Morning Meditation Staff available by phone
13 10-11:30 Staff Meeting 10:30 Scrabble 12:15 Wii Bowling 1-3:00 Computer Lab Open	14 8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise 12:15 Wii Bowling 2:00 Concert of Music by The Four Seasons 4:00 Tai Chi	15 In-town Shop (☎) 8:30 Yoga 10:00 Osteo Fitness 10:30 Transitions Noon Brown Bag 1:00 Creative Writing @ B.L. 4:00 Zumba @ BSE 4:00 Food Pantry held @ Ctr.	16 8:30 Yoga 10:00 Exercise Class 11:50 February Birthdays 12-1:45 Bingo	17 9:00 Morning Meditation <i>Wal-Mart Shop</i> (☎) Sunday, February 19, 2-5 Chef Marty Baking Class (☎) Staff available by phone
20 CENTER CLOSED FOR PRESIDENTS DAY	21 8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise 12:15 Wii Bowling 1-3 Sense of Belonging (☎) 4:00 Tai Chi	22 In-town Shop (☎) 8:30 Yoga 10:00 Osteo Fitness 10-3 AARP Tax Prep (☎) 1:00 Creative Writing @ B.L. 4:00 Zumba @ BSE 4:00 Food Pantry	23 8:30 Yoga 10:00 Exercise Class 12-1:45 Bingo	24 9:00 Morning Meditation Staff available by phone
27 9-3 Foot Clinic by Kip Moeller, R.N. (☎) 10-11:30 Staff Meeting 10:30 Scrabble 12:15 Wii Bowling	28 8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise Class 1-3 Sense of Belonging 1:30 Phil Buck Travel Adventures Presentation 4:00 Tai Chi	29 In-town Shop (☎) 8:30 Yoga 10:00 Osteo Fitness 1:00 Creative Writing @ B.L. 4:00 Zumba @ BSE	(☎) Must make reservation or appointment. Please call 625-2502. (☎) For Meal Site lunches call 625-6266.	

