

Prince William Senior Center at Woodbridge  
13850 Church Hill Drive, Woodbridge, VA 22191-2165  
*A Program of the Prince William Area Agency on Aging*

703-792-5081

[www.pwcgov.org/aoa](http://www.pwcgov.org/aoa)



February 2010

Vol. XXVII  
Number 1

**Hours of Operation:**  
9 a.m. – 4:30 p.m.  
Monday – Friday

**Staff**

**Kathy Lee-Meredith**  
Manager

**Kathleen Ambrose**  
Program Assistant

**Christine Antolik**  
Administrative Assistant

**Sharon Clark, RN**  
Public Health Nurse

**Bernice Babb**  
Lead Cook

**Anna Smith**  
Title V



**H1N1 Flu Vaccine Clinic**

Woodbridge Senior Center  
Wednesday, February 3  
9:00 am—11:00 am

Seniors are now encouraged to seek vaccination against 2009 H1N1. Although people over age 65 are less likely to be infected with H1N1 flu, those that are infected are at greater risk of developing serious complications. If you have not yet gotten your H1N1 Flu vaccine, please call our office at 703-792-5081 or register at the front desk to get your flu shot. For more information, please contact:

Prince William Health District  
[www.pwcgov.org/h1n1](http://www.pwcgov.org/h1n1)  
Health Department Info Line  
703-792-6345  
Virginia H1N1 Hotline  
877-ASK-VDH3

**Friends of the Prince  
William Senior Center at  
Woodbridge, Inc.**

*A non-profit 501(c)(3)  
corporation*

**Officer-Directors**

**Juanita Whitt, President**  
**Doris Bodwin, Vice President**  
**Patricia Prochnow, Secretary**  
**Lana Tobey, Treasurer**  
**Leon Washington,**  
**Parliamentarian**

**Directors**

**Iris Hodges**  
**Al Lammers**  
**Billie Nichols**  
**Shirley Van Ess**  
**Joyce Wilson**



**Our next Friends  
Meeting is scheduled  
for  
Wednesday,  
February 10<sup>th</sup> at 1:00 pm**



## **RED DRESS DAY/ DAY OF DANCE FOR HEALTH**

(and a special Heart Healthy Lunch)

**Friday, February 5th**

Featuring -- “**The Oldies, but Goodies**” at 11:00 a.m.

We are celebrating **National Wear Red Day** as part of the national movement to give women a personal and urgent wake-up call about their risk of heart disease.

Join us on Wear Red Day at the Senior Center to help spread the critical message that “Heart Disease Doesn’t Care What You Wear – It’s the #1 Killer of Women.” Everyone (men and women) can participate in the national movement by wearing their favorite red dress, shirt, sweater, or tie.

All those wearing RED to the Senior Center on Friday, February 5th will receive a Red Dress Pin to wear or share with someone for the rest of February – Heart Health Month.

At the same time, we will be celebrating **Day of Dance for Health**. At 11:00 a.m. our own line dancers, “**The Oldies, But Goodies**,” will treat us to a brief performance and will be inviting everyone to get up and dance. Day of Dance for Health is a nationwide event encouraging everyone to dance, celebrate health, and learn about heart disease.

We will have information on heart disease – the #1 killer of men and women – available.

Please join us for a **Heart Healthy lunch** that day as well.



## **THE HEART TRUTH**

**Tuesday, February 2nd**

Seminar -10:30 a.m.; Heart Healthy Lunch – 12 pm

Speaker – Sharon Clark, RN, MS

Heart disease continues to be the number one killer of both men and women in the United States. Yet, at the same time, it remains one of the most preventable diseases.

The good news is that although there are risk factors for heart disease that are beyond our control, there are lifestyle changes we can make to reduce our risk. In fact, by living a healthy lifestyle, Americans can lower their risk by as much as 82 percent.

The Heart Healthy Seminar will cover what heart disease is, what you can do to reduce your risk, what screening tests you should have performed, warning signs, and lifestyle changes you can make for a healthier heart.

Join us after the seminar for a Heart Healthy Lunch

## **THE GOOD, THE BAD, AND THE UGLY** (cholesterol, that is!)

**Tuesday, February 9, 10:30 a.m.**

Speaker – Sharon Clark, RN, MS

Recent polls indicate that most Americans don’t know the difference between **bad cholesterol** and **good cholesterol**; and don’t know what their numbers are. High cholesterol is one of the major risks factors for heart disease, which is the nation’s number one killer.

Those attending the seminar will learn about “good” and “bad” cholesterol, how to reduce their risk factors, and how to control cholesterol with diet, exercise, and medications.

Along with the seminar, there will be an array of **healthy low-cholesterol foods to sample**.

## CHOCOLATE IS A VEGETABLE!



**Tuesday, February 16  
10:30 a.m.**

Guest – Vicki Graham, Director of ACTS Helpline

Come for a lively discussion with Vicki. Remember “stressed” spelled backwards is desserts. Eat well, feel great, and live long ... but not without chocolate.

## CHOLESTEROL SCREENING

**Thursday, February 25th, 9 am – 11 am**

Cost - \$30, Special Rate of \$20 for the first 20 Senior Center members to signup

\*\*\*Signup begins February 1\*\*\*

We are pleased to partner with Sentara Potomac Hospital Community Education Department and the Friends of the Prince William Senior Center at Woodbridge, Inc. is offering cholesterol screening. Participants should **FAST** prior to the screening in order to have accurate results. The blood test includes cholesterol, triglycerides, and glucose.

The first 20 Senior Center members to sign up will have a reduced cost of \$20, thanks to the Friends of the Senior Center, Woodbridge. Along with the cholesterol screening, those participating can also have a Body Fat Analysis completed, if they desire.

**Signup and payment are required by February 18<sup>th</sup>. Please do so at the reception desk.**

## Dedicated Senior Center Transportation

At the January 19, 2010, Board of County Supervisors meeting, a dedicated Senior Center transportation program was approved. We will be “under construction” getting the new program underway for the next several months and hope to have the new service available sometime in April. The new program is funded entirely with County tax support.

Here is what we know so far:

- No more vouchers will be distributed.
- Vouchers already distributed will be redeemed until their expiration dates.
- The new service will cost \$1 each way per person.
- Collected service fees will be set aside to pay for van replacement.
- Persons who cannot drive will have priority.
- Reservations will be taken once a week.
- Each Center will have one part-time driver and one 19-passenger van.
- Routes will alternate every other day, four days per week.

Thank you to Woodbridge District Supervisor Frank Principi for using some of his County transportation funds (TRIP), County tax dollars set aside for each Supervisor, to assist with purchasing one of the vans.

Keep an eye out for notices of Center meetings to learn more about the new service!



## AARP TAX-AIDE

Once again, the AARP Tax-Aide Program will be in full swing at the Woodbridge Center every Wednesday and Thursday starting Wednesday February 3rd, except for the last Wednesday of the month. All tax preparations will be filed electronically and each person will be given a hard copy for their records. The preparers are allowing at least a 45 minute appointment time, but will take whatever time is needed with each individual. This service is free. Please call 703-792-5081 for an appointment or sign up at the front desk. Please Bring the following with you when you come:

- Current year's tax forms and preparation booklet
- Copy of last year's income tax return(s)
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099DIV, 1099-B, etc) showing interest and/or dividends and documentation showing original purchase price of sold assets
- 1099-misc. showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- all forms indicating federal income tax paid
- Dependent care provider information (name, employer, ID, Social Security number)
- all receipts or canceled checks if itemizing deductions
- Social Security cards or other official documentation for yourself and all dependents



## TAX RELIEF PROGRAM OFFERED TO COUNTY RESIDENTS

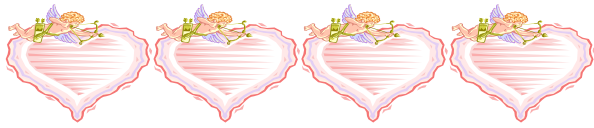
Senior citizens and disabled citizens who meet certain criteria may be granted relief from all or part of real estate taxes, the solid waste fee, the vehicle license decal fee, and personal property tax. Qualifying limits may change from year to year. Tax relief is granted on an annual basis, and a renewal application must be filed each year. Applications should be filed by April 15, 2010.

To qualify, senior citizen applicants must:

- Be 65 years of age or older as of December 31, 2010. Relief will be prorated for those applicants that turn 65 during the calendar year 2010
- Have a gross household income from all sources of not more than \$74,200. In determining income, the first \$10,000 of income earned by any relative living in the household other than the owner(s) or spouse is excluded
- Have a combined financial net worth for the applicant and spouse of not more than \$340,000, excluding the residence for which the exemption is sought and up to twenty-five acres of land which it occupies.
- Own and occupy the house as his/her sole dwelling.

Note: In calculating net worth, mortgages or home equity loans will not be deducted on the house for which the exemption is applied.

For additional eligibility criteria, please contact the Real Estate Assessments office at 703-792-6780.



**Valentine's Lunch**  
 Friday, February 12<sup>th</sup>  
 \$1.00 to hold your reservation

The Friends of the Prince William Senior Center at Woodbridge, Inc. invite all to join us at the annual Sweetheart Luncheon scheduled for Friday, February 12<sup>th</sup> at noon. Once again this year, the members of the *Friends* will be stepping forward to do all the set up, serving, and clean up so that YOU may enjoy a wonderful afternoon out! Following a delicious meal, "A Little Music For Everyone" will perform for everyone's delight immediately after we clear the dishes. Dancing shoes aren't required, but you might want to bring them!

The \$1.00 reservation will help the *Friends* to offset the costs associated with set up and door prizes. All monies will be used for table favors, decorations and your confirmed reservation helps the cook know how many to prepare for. Please sign-up at the front desk **NO LATER THAN Thursday, February 11<sup>th</sup>**. As always, priority will be given to paid members and seating is limited to the first 125 to sign-up.

**Mardi Gras Celebration**  
 Tuesday, February 16<sup>th</sup>  
 10:30 am-1:30 pm

featuring the Not-So-Modern Jazz Quartet

Fat Tuesday is just around the corner and it just gives us yet another reason to eat some ethnic food, listen to some great music, and DANCE!

The celebration begins at 10:30 AM. We'll listen to some great jazz while we get ready for a traditional N'awlins lunch. Immediately after lunch, enjoy the live music of the Not- So- Modern Jazz Quartet from 12:30-1:30. These musicians will truly entertain us! Don't miss it. Your donation for the congregate meal will be accepted as usual. Please register in advance at the front desk, as seating is limited and we will need a count for food preparation. Those individuals signed-up by the 15<sup>th</sup> of February will be eligible for some fun door prizes. Of course we'll end the afternoon selecting our very own King and Queen of our Mardi Gras festivities.



**Thank you to Supervisor Principi...**

for hosting the wonderful Holiday dinner in December! Donations collected in excess of the event costs have been given to the Friends of the Senior Center at Woodbridge, Inc., and were used to enhance a favorite Senior Center program. The contribution helped to defray the cost of our new, larger flat screen monitor in the lobby. We hope you all enjoy the ongoing photos that Bill and Dene Nichols put up on the screen for all to view!



**The Woodbridge Women's Club will meet on Monday, February 1st at noon.**

**SUPERBOWL THURSDAY**

Celebrate the Superbowl with us on **Thursday February 4th!** Come dressed in your favorite team jersey and test your superbowl trivia knowledge. We'll be serving a special superbowl lunch with chili, cornbread, and wings!



## RITZY CHIX RED HAT SOCIETY



This month's luncheon will be combined with the center's Valentine Luncheon on February 12 at noon. Please be sure to register for the Valentine Luncheon (see pg. 5) if you'll be joining us!

## SENIOR CENTER FRIENDS TOWN MEETING

Tuesday, February 16<sup>th</sup> @ 11:30 AM

Our town meeting is a time to discuss all issues brought up and decisions agreed upon during the Friends of the Senior Center previous meeting. Come hear what's going on, and discuss new program ideas and review suggestions. See what's happening at the senior center and lend your voice!

### ACTIVITY SIGN IN SHEETS

**Please do not forget to record how many people are in your group each time you meet. Activity Sheets are at the front desk in the large white notebooks or in your activity room.**

**Take Off Pounds Sensibly (TOPS)  
Wednesdays, 9 a.m.**

TOPS encourages healthy lifestyles through weight management support groups. We welcome new members at any meeting, where a nominal fee is charged.

\*PLEASE NOTE: the last Wednesday of the month when the senior center closes for in-service, TOPS meets the following day.

## SOCIAL SECURITY OUTREACH

Claims representative Julio Alvarado will be in Woodbridge this month to answer questions on Friday, February 5th @ 12:30. Call the senior center at **703-792-5081** to set up an appointment. Mr. Alvarado has office hours every other month at the Woodbridge Senior Center. Mr. Alvarado can provide information, answer questions, and provide hands-on instruction in using the Social Security Online website by having his appointments in our computer lab! He is fluent in both English and Spanish. You **must** have an appointment.

## LEGAL SERVICES

Legal Services will be here February 17th @ 9:30 a.m. Ron Settle of Northern Virginia Legal Services will see clients by appointment only.

## INCLEMENT WEATHER POLICY

When **PRINCE WILLIAM COUNTY SCHOOLS** are closed due to snow, ice, and bad weather, the senior center is **CLOSED**. When the COUNTY schools are delayed in opening, we are OPEN normal business time. Listen to your local radio and TV stations for closings.

If you have a scheduled class, it will be cancelled if the schools are closed, but not cancelled if there is just a delay! No meals are served in either the congregate nutrition program at the senior center, or on our Meals on Wheels routes when the senior center is closed due to inclement weather.

## Caregiver Support Group

Second and fourth Tuesday nights @ 7 p.m.

Would you be interested in receiving the monthly newsletter via email each month? If so, please stop by the office and leave your email address with staff. We are hoping to compile an electronic mailing list in the future, and would love to include you on our distribution list.



## February is Black History Month The History of Black Economic Empowerment

The need for economic development has been a central element of black life. After centuries of unrequited toil as slaves, African Americans gained their freedom and found themselves in the struggle to make a living. Pushing against the odds, African Americans became landowners, skilled workers, small businessmen and women, professionals, and ministers. In the Jim Crow economy, they started insurance companies, vocational schools, teachers colleges, cosmetic firms, banks, newspapers, and hospitals. To fight exclusion from the economy, they started their own unions and professional associations. In an age in which individuals proved unable to counter industrialization alone, they preached racial or collective uplift rather than individual self-reliance. The late-nineteenth and early twentieth centuries witnessed an unprecedented degree of racial solidarity and organization.

In 1910, a group of dedicated reformers, black and white, gathered to create an organization to address the needs of African Americans as they migrated to the cities of the United States. The organization that they created a century ago became what we all know as the National Urban League. For a century, they have struggled to open the doors of opportunity for successive generations, engaging the challenges of each age. ASALH celebrates the centennial of the National Urban League by exploring racial uplift and black economic development in the twentieth century.

Join us on February 25<sup>th</sup> at 10:30 am for a presentation by Pearl Wilson and her guest speaker!

### DONATIONS NEEDED

Friends are gathering items for spring basket for seniors in need. If you have any toiletry, paper goods, towels, washcloths, sugar free candy or cookies, or canned food items you wish to donate, please drop them off at the front desk.



**FRED LYNN MIDDLE SCHOOL THEATRE GROUP** will perform for the center on **Feb 19<sup>th</sup> from 12:30 to 1:30** in the multi-purpose room.

The play is entitled "My Roommate-Grandpa." The children have been working very hard rehearsing for this event. Please join us and make the children feel welcome!

### SCHOLARSHIP FOR HIGH SCHOOL STUDENTS

Friends of the Woodbridge Senior Center are awarding a \$1000 College Scholarship to a high school senior that attends a school in the eastern end of Prince William County. Interested students must see their Guidance Counselor for information and an application. Completed applications must be received at the Woodbridge Senior Center no later than Thursday April 1, 2010. If you know of a student interested please let them know of this opportunity.



### "BENEFITS OF PLANTS FOR HEALTH"

**February 11<sup>th</sup> 10:00am**

Master Gardner Susie O'Neill will be teaching you how to grow an easy dish garden in this fun class along with teaching how plants can benefit our lives.

All the materials you will need, except the container, will be provided. Class is free and size is limited to 10 participants. You must register at the front desk prior to February 11th.



## CRAFTS and SUCH

### **Chat and Paint Art Group and Drawing Class Mondays @ 10 am**

We have a talented group of artists who like to come in to paint, chat about painting (and a potpourri of other topics!) and learn from each other. Please join them at 10 a.m. on Mondays. FREE. Some members have over 30 years experience in painting!

### **Crafters, Tuesdays @ 9:30 am**

The Crafters meet at the center on Tuesdays to work on projects and enjoy the company of other crafters.

### **Crocheting and Knitting Corner, Wednesdays@11 am**

Please let us know if you want to learn how to crochet. We have some great instructors! If you already know how to crochet and simply want to socialize while you crochet, by all means, this is the place on Wednesday mornings at 11 a.m.

### **Ceramics Wednesdays, 10 a.m. – 2 pm Thursdays, 10 a.m. – 12:30 pm**

Come join us and just have fun!

### **Wood Carving Mondays, 10 am – noon Wednesdays, 2 – 4:30 pm**

Give it a try! This group makes it fun and easy for men and women! Our woodcarving sessions are geared for both experienced and new carvers.

### **Jewelry Making 101 Fridays, 10 am**

If anyone is interested in this class please see Susan Young. There is currently a wait list, but we may be able to take new persons soon.

**Porcelain Artists** will meet on **Friday Feb. 26<sup>th</sup>** from **10:00 am to 1:30 pm**. Anyone can join - no experience necessary!

### **Church Hill Dream Quilters Thursdays, 1 – 3 pm**

The Quilting group is looking for more members. Please see Pat Prochnow or Dottie DiMartino.

### **Stamping Class Mondays, 12:30 pm**

Juanita Whitt teaches the Art of Stamping. Learn to make your own greeting cards, note cards, gift tags and stationary.

**“Hooked on Books” Book Club** meets the second Tuesday of every month at 2 pm. This month we’ll meet on February 9th. All are welcome to join us to see what keeps us turning the pages!



### **Genealogy “Take A Trip Back In Time” February 23 1:30 pm**

The group meets the last Tuesday of every month at 1:30. Join them to learn tips on researching your family history. Refreshments will be served. Be sure to bring one of your relics to share with the group.



### **Interested in Cards?**

We offer a large variety of card games in the card room...just stop by and enjoy. We’re always looking for new people to share our interests!

Euchre – Mondays @ 10 am  
Pinochle – Wednesdays @ 12:30 pm  
Bridge – Thursdays @ 12:30 pm  
Skip-Bo – Wednesdays @ 1:30 pm  
Poker (Texas Hold ‘em) – M, W, F @ 12:30

If cards aren’t your thing, how about challenging others in a scrabble game, Wednesdays @ 1:00? Feeling more energetic? Eugene Whitt offers instruction in **8 ball pool** every Wednesday morning from 11 am to noon.

**Beginning Computer Class**  
**Tuesdays starting March 2**  
**11:00 am to noon**  
**\$15.00 4 weeks**



Our Computer classes have been changed to Tuesday from 11:00am to noon. If you are interested in taking these classes in March, please register at the front desk. Payment is required when you sign up. If you have any questions contact Susan Young at 571-247-4132.

**Print Master Class**  
**Fridays Beginning February 5<sup>th</sup>.**  
**10:00 am to noon**

Learn how to make collages with your digital camera photos. Class is free and taught by Dene Nichols. There is a limit of 6 participants. Sign up at the front desk if you are interested!

**EXERCISE CLASSES**

**Lifetime Fitness** M,W,F @ 9:30 am

**Stand Tall, Don't Fall** – T, TH @ 9:15 & 12:30



**Tai Chi with John Rodriguez**  
 Wednesdays and Thursdays at 10:30am  
**\$3.00**

If you're looking for a way to reduce stress, consider tai chi . Sometimes described as "meditation in motion," Tai Chi promotes serenity through gentle movements — connecting the mind and body. Emphasizing technique over strength, this low impact is especially suitable for older adults. Give it a try!

**Tae Kwon Do with Jayvan Holeman**  
**Fridays @ 10:30**

Tae Kwon Do is a Korean martial art and the national sport of South Korea. Come find out what it's about, and learn a new way to get exercise. Classes are for men and women and are free, but are limited to only 10. Please sign up and indicate your interest at the reception desk.

**Karen Merchant** will be here the **first and last Thursday** of the month at 10:30 to lead singing karaoke style. We put the words on the large screen tv in the multi-purpose room- you don't even need to know them! Join us for a fun and uplifting hour.



**Line Dancing**

**“Our Oldies But Goodies”** dancers, directed by **Ethel Gorham**, meet **Tuesdays and Thursdays @ 1:00**. Come out and join us for great fun, dancing, music and a great way to exercise. All are welcome. (see them perform February 5<sup>th</sup> @ 11:00.

**Manicures**

**First Wednesday and third Tuesday @ 10 a.m.**

Elizabeth Munzert provides FREE Manicures (using Avon products). Appointments are first come first served.

**Regarding Lunch**

You must sign up for our weekday noon congregate lunch program. For food safety reasons, once those participants present have been served, the kitchen will be closed. No meals will be served to latecomers once the kitchen is closed. Our program is funded through the Older Americans Act, and all participants in the nutrition program must be given an opportunity to make a contribution toward the cost of the meal. All donations are voluntary and anonymous. **Below is the suggested contribution table per meal for persons 60 years or older.**

Monthly Income	Suggested Donation
Under \$300	\$1.50
\$301 - \$400	\$2.25
\$401 - \$500	\$3.00
\$501 - \$600	\$3.75
\$601 - \$700	\$4.50
\$701 - \$800	\$5.00
Over - \$800	\$5.75

**Persons UNDER 60 years of age are always welcome and MUST PAY \$5.75 per meal. Please see a staff person for your guests.**

**PRINCE WILLIAM COUNTY SENIOR CENTER AT WOODBRIDGE**

**February 2010, 9 AM – 4:30 PM, Monday – Friday**

*(THIS SCHEDULE IS SUBJECT TO CHANGE)*

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<p>9:30 Lifetime Fitness 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 11:00 Drawing 12:00 Woodbridge Women's Club mtng 12:30 Stamping w/ Juanita 12:30 Texas Hold em</p> <p align="center"><i>Quarter Pound Hot Dog</i></p>	<p>9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 Wii 10:00 C.O.A. meeting 10:30 "The Heart Truth" 11:00 Spanish 11:00 Computer Class 12:30 Stand Tall 1:00 Line Dancing 1:00-3:00 Ceramic Techniques</p> <p align="center"><i>Healthy Chef Salad</i></p>	<p>9:00-12:00 Flu Shots 9:00 TOPS 9:30 Lifetime Fitness 10:00 Manicures 10:00 Ceramics 10:30 Tai Chi 11:00 Crochet/Knit 11:00 Pool 12:30 Pinochle 12:30 Texas Hold'em 1:30 Skip-bo 2:00 Scrabble 2:00 Woodcarving</p> <p align="center"><i>Stuffed Peppers</i></p>	<p>9:15 Stand Tall 10:00 Ceramics 10:30 Karaoke w/ Karen 10:30 Bible Study 10:30 Tai Chi 11:00 ESL 12:30 Bridge 12:30 Stand Tall 1:00 Line Dancing 1:00 Quilting</p> <p>Wear your favorite team jersey!</p>  <p align="center"><i>Super Bowl luncheon</i></p>	<p>9:30 Lifetime Fitness 10:00 Jewelry Class 10:00-noon Print Master Class 10:30 Blood Pressure 10:30 Tae Kwan Do 10:30 -12:00 Sing-a-long w/ Angel 11:00 Red Dress day/Dance 12:30 Social Security Outreach 12:30 Texas Hold em</p>  <p align="center"><i>Tilipia Fish</i></p>
8	9	10	11	12
<p>9:30 Lifetime Fitness 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 11:00 Drawing 12:30 Stamping w/ Juanita 12:30 Texas Hold em</p> <p align="center"><i>Cabbage Rolls</i></p>	<p>9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:30 "The Good, The Bad.." 10:00 Wii Bowling 11:00 Computer Class 11:00 Spanish 12:30 Stand Tall 1:00 Line Dancing 2:00 Book Club 7:00 Caregivers Support Group</p> <p align="center"><i>Pork Chops</i></p>	<p>9:00 TOPS 9:30 Lifetime Fitness 10:00 Ceramics 10:30 Tai Chi 11:00 Crochet/Knit 11:00 Pool 12:30 Pinochle 12:30 Texas Hold'em 1:00 Friends Meeting 1:30 Skip-bo 2:00 Scrabble 2:00 Woodcarving</p> <p align="center"><i>Garden topped Cheeseburgers</i></p>	<p>9:15 Stand Tall 10:00 Ceramics 10:00 Gardening Class 10:30 Tai Chi 10:30 Bible Study 11:00 ESL 12:30 Bridge 12:30 Stand Tall 1:00 Line Dancing 1:00 Quilting</p> <p align="center"><i>Vegetable Lasagna</i></p>	<p>9:30 Lifetime Fitness 10:00 Jewelry Class 10:00-noon Print Master Class 10:30 Tae Kwan Do 10:30 -12:00 Sing-a-long w/ Angel 12:00 Valentine Lunch 12:30 Birthday Celebration 12:30 Texas Hold em</p>  <p align="center"><i>Sweetheart Luncheon</i></p>
 <b>President's Day</b>  <b>SENIOR CENTER CLOSED</b>	16	17	18	19
	<p>9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 Wii 10:00 Manicures 10:30 "Chocolate is a Veg" 10:30 Mardi Gras 11:00 Spanish 11:00 Computer Class 11:30 Town Meeting 12:30 Stand Tall 1:00 Line Dancing 1:00 Ceramic Techniques 1:00 Pool Tournament 2:00 Hooked on Books</p>  <p align="center"><i>Mardi Gra Luncheon</i></p>	<p>9:00 TOPS 9:30 Legal Aid 9:30 Lifetime Fitness 10:00 Ceramics 10:30 Tai Chi 11:00 Crochet/Knit 11:00 Pool 12:30 Pinochle 12:30 Texas Hold'em 1:30 Skip-bo 2:00 Scrabble 2:00 Woodcarving</p> <p align="center"><i>Tuna Salad Plate</i></p>	<p>9:15 Stand Tall 10:00 Ceramics 10:30 Bible Study 10:30 Tai Chi 11:00 ESL 12:30 Bridge 12:30 Stand Tall 1:00 Quilting 1:00 Line Dancing</p> <p align="center"><i>Meat Loaf</i></p>	<p>9:30 Lifetime Fitness 10:00 Jewelry Class 10:00 Mason Dixon porcelain Artists 10:00 am-noon Print Master Class 10:30 Tae Kwan Do 10:30 Sing-a-long w/ Angel 12:00-1:00 Fred Lynn Theatre performance 12:30 Texas Hold em</p> <p align="center"><i>Grilled Cheese &amp; Clam Chowder</i></p>
22	23	24	25	26
<p>9:30 Lifetime Fitness 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 11:00 Drawing 12:30 Stamping w/ Juanita 12:30 Texas Hold em</p> <p align="center"><i>Dipping Chicken Strips</i></p>	<p>9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 COA 10:00 Manicure 10:00 Wii 11:00 Computer Class 11:00 Spanish 12:30 Stand Tall 1:00 Ceramic Techniques 1:00 Line Dancing 1:30 Genealogy 7:00 Caregivers Support Group</p> <p align="center"><i>Ravoli</i></p>	<p><b>SENIOR CENTER CLOSED</b></p> <p align="center"><u><i>In service day</i></u></p>	<p>9:00 TOPS 9:00-11:00 Cholesterol Screening 9:15 Stand Tall 10:00 Ceramics 10:30 Bible Study 10:30 Tai Chi 11:00 ESL 12:30 Bridge 12:30 Stand Tall 1:00 Quilting 1:00 Line Dancing</p> <p align="center"><i>BBQ Ribs</i></p>	<p>9:30 Lifetime Fitness 10:00 Jewelry Class 10:00 Mason Dixon porcelain Artists 10:00 am-noon Print Master Class 10:30 Tae Kwan Do 10:30 Sing-a-long w/ Angel 12:30 Texas Hold em</p> <p align="center"><i>Seafood Platter</i></p>