




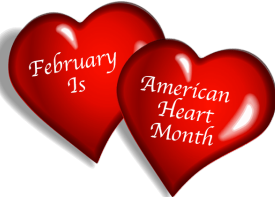





Winter Haven Senior Adult
Center
250 S. Lake Silver Dr. NW






FEBRUARY



Jennifer Burke, Recreation
Supervisor
Jackie Richardson, Recreation

Monday	Tuesday	Wednesday	Thursday	Friday
 		<p>Strawberry Festival March 6, 2020</p>	<p>The Winter Haven Senior Adult Center will be holding their Annual Health Fair on Friday, March 13, 2020 from 9am – 12noon. Free to the Public!!!</p>	
<p>Heart Awareness Month</p> <p>9:30 a.m. Exercise</p> <p>10 a.m. Grief Counseling</p> <p>10:45 a.m. Wellness Cardio</p> <p>10:45 a.m. Bingo</p> <p>1 p.m. Bridge players needed</p> <p>1 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p>9 a.m. Shuffleboard</p> <p>9 a.m. Indoor Farmers Market</p> <p>9:30 a.m. Cornhole-Toss</p> <p>10:30 a.m. Wellness with Isabel \$1 resident  \$2 non-resident</p> <p>12 noon Dominos</p>	<p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>10:45 a.m. Bingo</p> <p>12 noon Pinochle</p> <p>Hand & Foot players needed</p> <p>1 p.m. Painting Bee Social</p> <p>1 p.m. Quilting</p> <p>1:30 p.m. Chess</p> <p>1:30 p.m. Easy Tai Chi \$4 resident/\$5 non-resident</p> <p>5-6 p.m. West Coast Swing \$10 residents / \$11 non-residents</p> <p>6- 7 p.m. Ballroom Dance Classes \$10 residents / \$11 non-residents</p>	<p>10:30 a.m. Wellness with Isabel \$1 resident \$2 non-resident</p> <p>12 noon Pinochle</p> <p>Hand & Foot players needed</p> <p>1 p.m. Mah Jongg players needed</p> <p>1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p>NATIONAL WEAR RED DAY</p> <p>9:30 a.m. Corn hole Toss</p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga </p> <p>10:30 a.m. Presentation Love at the Golden Age</p> <p>12 noon Dominos</p> <p>1 p.m. Quilting</p> <p>1:30 p.m. Chess</p>
<p>9:30 a.m. Exercise</p> <p>10:45 a.m. Wellness Cardio</p> <p>10:45 a.m. Bingo</p> <p>1 p.m. Bridge players needed</p> <p>1 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p>9 a.m. Shuffleboard</p> <p>9 a.m. Indoor Farmers Market</p> <p>9:30 a.m. Cornhole-Toss</p> <p>10:30 a.m. Wellness with Isabel \$1 resident  \$2 non-resident</p> <p>12 noon Dominos</p>	<p>9 a.m. Shuffleboard Tournament</p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>10:45 a.m. Bingo</p> <p>12 noon Pinochle</p> <p>Hand & Foot players needed</p> <p>1 p.m. Quilting</p> <p>1:30 p.m. Chess</p> <p>1:30 p.m. Easy Tai Chi \$4 resident/\$5 non-resident</p> <p>5-6 p.m. West Coast Swing \$10 residents / \$11 non-residents</p> <p>6- 7 p.m. Ballroom Dance Classes \$10 residents / \$11 non-residents</p>	<p>10:30 a.m. Wellness with Isabel \$1 resident \$2 non-resident</p> <p>12 noon Pinochle</p> <p>Hand & Foot players needed</p> <p>1 p.m. Mah Jongg players needed</p> <p>1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p>9:30 a.m. Corn hole Toss</p> <p>9:30 a.m. Exercise </p> <p>10 a.m. Entertainment The Music Makers (Wear RED)</p> <p>10:30 a.m. Chair Yoga</p> <p>12 noon Dominos</p> <p>1 p.m. Quilting</p> <p>1:30 p.m. Chess</p> 

<p style="text-align: right;">17</p> <p style="text-align: center;">Senior Adult Center closed Presidents' Day Holiday</p> 	<p style="text-align: right;">18</p> <p>9 a.m. Shuffleboard 9 a.m. Indoor Farmers Market 9:30 a.m. Cornhole-Toss 10:30 a.m. Wellness with Isabel \$1 resident / \$2 non-resident 12 noon Dominos</p> <p style="text-align: center;">Dance Social – Every 3rd Tuesday 7:30 p.m. Dance Social \$3 resident/ \$4 non-resident Joni Canova</p>	<p style="text-align: right;">19</p> <p>9 a.m. Shuffleboard Tournament (make up day if needed) 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 12 noon Pinochle Hand & Foot players needed 1 p.m. Quilting 1:30 p.m. Chess 1:30 p.m. Easy Tai Chi \$4 resident/\$5 non-resident 5-6 p.m. West Coast Swing \$10 residents / \$11 non-residents 6- 7 p.m. Ballroom Dance Classes \$10 residents / \$11 non-residents</p>	<p style="text-align: right;">20</p> <p>9 a.m. Shuffleboard Tournament 10:30 a.m. Wellness with Isabel \$1 resident \$2 non-resident 12 noon Pinochle Hand & Foot players needed 1 p.m. Mah Jongg players needed 1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p style="text-align: right;">21</p> <p>9 a.m. Shuffleboard Tournament 9:30 a.m. Corn hole Toss 9:30 a.m. Exercise 10:30 a.m. Day Trip -  Cracker Barrel Restaurant Sign up required 10:30 a.m. Chair Yoga 12 noon Dominos 1 p.m. Quilting 1:30 p.m. Chess</p>
<p style="text-align: right;">24</p> <p>9:30 a.m. Exercise 10:45 a.m. Wellness Cardio 12:30 p.m. AARP Defensive Driving Class Sign-up Required 1 p.m. Bridge players needed 1 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p style="text-align: right;">25</p> <p>9 a.m. Shuffleboard 9 a.m. Indoor Farmers Market 9:30 a.m. Cornhole-Toss 10:30 a.m. Wellness with Isabel \$1 resident \$2 non-resident 12 noon Dominos 12:30 p.m. AARP Defensive Driving Class Sign-up Required</p>	<p style="text-align: right;">26</p> <p>9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 12 noon Pinochle Hand & Foot players needed 1 p.m. Quilting 1:30 p.m. Chess 1:30 p.m. Easy Tai Chi \$4 resident/\$5 non-resident 5-6 p.m. West Coast Swing \$10 residents / \$11 non-residents 6- 7 p.m. Ballroom Dance Classes \$10 residents / \$11 non-residents</p>	<p style="text-align: right;">27</p> <p>10:30 a.m. Wellness with Isabel \$1 resident \$2 non-resident 10:30 a.m. Presentation  Knowing the Heart Breakdown 12 noon Pinochle Hand & Foot players needed 1 p.m. Mah Jongg players needed 1:30 p.m. Beginning Line Dance \$4 resident \$5 non-resident</p>	<p style="text-align: right;">28</p> <p>9:30 a.m. Corn hole Toss 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12 noon Dominos 1 p.m. Quilting 1:30 p.m. Chess</p>

**All programs are subject to change without notice