### Weekly Events

**MONTDAYS**
- 11a: Life Group Bible Study
- 2p: Senior 'Tech Talk'
- 4p: Stretch & Strength Class

**TUESDAYS**
- 11a: Health Documentaries
- 2p: Senior Living Options
- 4p: Personal Training w/ Mike

**WEDNESDAYS**
- 11a: How to Use Facebook
- 2p: Board & Card Games
- 4p: Yoga & Posture Exercise Class

**THURSDAYS**
- 10a: Mens' Coffee & Conversation
- 2p: Classic Film Screenings
- 4p: Personal Training w/ Mike

**FRIDAYS**
- 11a: Meditative Adult Coloring
- 2p: Womens' Book Club
- 4p: Group Chair Exercise

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### Special Events

**OPEN TO THE PUBLIC; PLEASE RSVP AT LEAST ONE WEEK IN ADVANCE.**

**WINTER/SPRING CALL-OUT**

**FEB 14th**
- 12 Noon
  - **SWEETHEART PARTY**
    - Singles and couples enjoy a light lunch, “mocktails”, old time love songs, Valentine Trivia games & more. Bring a friend or special someone along!

**MAR 16th**
- 2pm
  - **HISTORIC & TRAVEL “SHOW & TELL” HOUR**
    - Bring an item with a story to tell. Share your tale from history or travels in life over refreshments with a group of like-minded tale-tellers.

**APR 5th**
- 11:30am
  - **HELLO FRIEND LUNCH GATHERING**
    - Winter is ending and its time to say goodbye to lonely and hello to new friends and adventures in 2018. Bring a friend or come make a new one.

**MAY 11th**
- 2pm
  - **MOTHER DAUGHTER TEA**
    - Enjoy a special tea over live music with a family member or friend. Lovely refreshments will be served on this special day celebrating women.