

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>The Great Room is closed for painting.</b></p>	<p><b>The Great Room is closed for painting.</b></p>	<p><b>The Great Room is closed for painting.</b></p>	<p><b>1</b> <b>The Great Room is closed for painting.</b></p> <p>No Essentrics No Chair Exercise <b>10:00</b> Card Crafting <b>10:30</b> Snowshoe Trip <b>1:00</b> Short Stories (Z) <b>2:30</b> Word Games</p>	<p><b>2</b> <b>The Great Room is closed for painting.</b></p> <p><b>8:30</b> Pilates (Zoom) <b>9:15</b> Fiber Arts <b>10:00</b> Memoir Writing <b>10:00</b> Age Well meals <b>10:00</b> T'ai Chi Beginner (Zoom) No T'ai Chi Practice</p>	<p><b>3</b> <b>The Great Room is closed for painting.</b></p> <p>No Essentrics <b>10:00</b> Arts Group <b>10:00</b> Italian No Bone Builders <b>12:30</b> Canasta</p>	<p><b>4</b> <b>The Great Room is closed for painting.</b></p> <p><b>2:00</b> Backgammon League</p>
<p><b>5</b> <b>The Great Room is closed for painting.</b></p> <p><b>1:00</b> Shape Note <i>*In the café</i></p>	<p><b>6</b></p> <p><b>8:30</b> Essentrics <b>9:30</b> Chair Exercise <b>11:00</b> Gentle Yoga <b>11:30</b> Monday Munch <b>12:30</b> Bridge <b>1:00</b> French Conv. (Z) <b>2:30</b> French Conv. <b>3:45</b> Mindful Med. (Z)</p>	<p><b>7</b></p> <p><b>8:30</b> Pilates <b>9:00</b> Watercolor <b>9:45</b> CSC Board mtg. <b>10:30</b> Bone Builders <b>10:30</b> Spanish <b>12:45</b> Mahjong <b>5:00</b> Meditation <b>6:00</b> Backgammon League</p>	<p><b>8</b></p> <p><b>8:30</b> Essentrics <b>9:30</b> Chair Exercise <b>10:00</b> Card Crafting <b>11:00</b> Yoga Strength</p> <p><b>2:00-7:00 P.M.</b> Blood Drive</p> <p><b>2:30</b> Word Games</p>	<p><b>9</b></p> <p><b>7:00</b> Men's Breakfast <b>8:30</b> Pilates <b>9:15</b> Fiber Arts <b>10:00</b> Memoir Writing <b>10:00</b> Age Well meals <b>10:00</b> T'ai Chi Beginner <b>11:00</b> T'ai Chi Practice <b>1:00</b> Warning Signs of Alzheimer's <b>1:00</b> Play Reading</p>	<p><b>10</b></p> <p><b>9:30</b> Essentrics <b>10:00</b> Arts Group <b>10:00</b> Italian <b>10:30</b> Bone Builders <b>10:30</b> Coffee &amp; Canvas <b>12:30</b> Canasta</p>	<p><b>11</b></p> <p><b>2:00</b> Backgammon League</p>
<p><b>12</b></p>	<p><b>13</b></p> <p><b>8:30</b> Essentrics <b>9:30</b> Chair Exercise <b>11:00</b> Gentle Yoga <b>11:30</b> Monday Munch <b>11:30</b> Age Well Restaurant Tickets</p> <p><b>12:30</b> Bridge <b>1:00</b> French Conv. (Z) <b>2:30</b> French Conv. <b>3:45</b> Mindful Med. (Z)</p>	<p><b>14</b></p> <p><b>8:30</b> Pilates <b>9:00</b> Watercolor <b>10:30</b> Bone Builders <b>10:30</b> Spanish</p> <p><b>12:45</b> Mahjong</p> <p><b>6:00</b> Backgammon League</p>	<p><b>15</b></p> <p><b>8:30</b> Essentrics <b>9:30</b> Chair Exercise <b>10:00</b> Card Crafting <b>10:30</b> Snowshoe Trip <b>11:00</b> Yoga Strength <b>11:30</b> Kindle <b>1:00</b> Short Stories (Z) <b>1:00</b> James Bond movie <b>2:30</b> Word Games <b>7:00</b> Guitar</p>	<p><b>16</b></p> <p><b>8:30</b> Pilates <b>9:15</b> Fiber Arts <b>10:00</b> Memoir Writing <b>10:00</b> Age Well meals <b>10:00</b> T'ai Chi Beginner <b>11:00</b> T'ai Chi Practice</p>	<p><b>17</b></p> <p><b>9:30</b> Essentrics <b>10:00</b> Arts Group <b>10:00</b> Italian <b>10:30</b> Bone Builders <b>12:30</b> Canasta</p>	<p><b>18</b></p> <p><b>2:00</b> Backgammon League</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b> No Essentrics class. <b>9:30</b> Chair Exercise <b>11:00</b> Gentle Yoga <b>11:30</b> Monday Munch <b>12:30</b> Bridge <b>1:00</b> French Conv. (Z) <b>2:30</b> French Conv. <b>3:45</b> Mindful Med. (Z)	<b>21</b> <b>8:30</b> Pilates <b>9:00</b> Watercolor <b>10:30</b> Bone Builders <b>10:30</b> Spanish  <b>12:45</b> Mahjong  <b>6:00</b> Backgammon League	<b>22</b> <b>8:30</b> Essentrics <b>9:30</b> Chair Exercise <b>10:00</b> Card Crafting <b>11:00</b> Yoga Strength  <b>1:00</b> James Bond movie <b>2:30</b> Word Games <b>7:00</b> Guitar	<b>23</b> <b>8:30</b> Pilates <b>9:15</b> Fiber Arts <b>10:00</b> Memoir Writing <b>10:00</b> Age Well meals <b>10:00</b> T'ai Chi Beginner <b>11:00</b> T'ai Chi Practice	<b>24</b> <b>9:30</b> Essentrics <b>10:00</b> Arts Group <b>10:00</b> Italian <b>10:30</b> Bone Builders  <b>12:30</b> Canasta	<b>25</b>     <b>2:00</b> Backgammon League
<b>26</b>	<b>27</b> <b>8:30</b> Essentrics <b>9:30</b> Chair Exercise <b>11:00</b> Gentle Yoga <b>11:30</b> Monday Munch <b>12:30</b> Bridge <b>1:00</b> French Conv. (Z) <b>1:00</b> Chat with Chea <b>2:30</b> French Conv. <b>3:45</b> Mindful Med. (Z)	<b>28</b> No Pilates class. <b>9:00</b> Watercolor <b>10:30</b> Bone Builders <b>10:30</b> Spanish  <b>12:45</b> Mahjong  <b>6:00</b> Backgammon League				

Charlotte Senior Center

February 2023