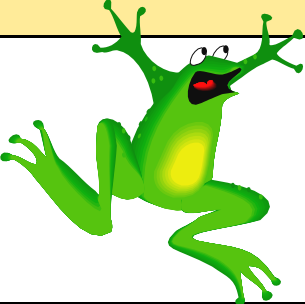



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<u>*DCOAS gives preference to providing services to older adults with the greatest economic or social need, and our outreach efforts will show particular attention to identifying low income, minority individuals who are eligible for assistance under the Older Americans Act.</u>		9:00-10:15 Adv.-Lo Impact Step Aer., MP. 10:30-11:45 Lo-Impact beginning Aer., MP. 12:00-12:30 Chairrobics, REC. 1:00-3:00 Bingo-MP 1:00-4:00 Open Bridge, C&G 2:00-3:00 Spring Arbor Health Checks 8:00-9:00 Sandspurs, REC.	9:00-1:00 AARP Tax –C & G 9:00-9:45 Chair Tai Chi– MP 9:00-12:00 Master Gardeners, CONF. 10:00-11:00 Beg Jazz Class-MP 10:00-12:00 Shuffleboard, REC. 11:30-12:30 Tai Chi-MP 12:00-4:00 Water Colors-A & C 2:00-4:30 Canasta, C&G 2:00-4:30 Pinochle, Library Table Black Pearl Sings Show-4PM	9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:00-2:00 Voc Rehab-Conf 10:30-11:45 Lo Impact Beg. Aer., MP. 10:30-12:15 Learn to Play Bridge-A & C 12:30-4:30 Duplicate Bridge, C&G 1:00-4:00 Hand & Foot-A &C 1:30-2: 30 Yoga - MP
6	7	8	9	10
9:00-1:00 AARP Tax –C & G 9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:30-11:45 Lo Impact Beg. Aer., MP. 2:00-4:30 Pinochle, C&G 2:00-4:00 Rummikub-Lib Table 1:30-4:00 Ladies Billiards-REC	8:30-10:00 Wright Tappers-MP 9:00-12:00 Mex. Train-C & G 10:15-11:15 Tai Chi-MP 10:30-11:30 Dance w/Parkinson's-REC 12:00-1:00 CDC Lunch & Learn-A & C 1:00-2: 00 Yoga - MP 2:00-4:00 Voc Rehab-CONF 7:00-8:30 Line Dancing-MP	9:00-10:15 Adv.-Lo Impact Step Aer., MP. 10:00-12:30 HHH MTG– A & C 10:30- 11:45 Lo-Impact beginning Aer., MP 12:00-12:30 Chairrobics, MP 1:00-4:00 Open Bridge, C&G 2:00-4:00 Voc Rehab-CONF 3:00-4:30 Mental Confusion & Older Ad 8:00-9:00 Sandspurs, REC.	9:00-1:00 AARP Tax –C & G 9:00-9:45 Chair Tai Chi– MP 10:00-11:00 Beg Jazz Class-MP 10:00-12:00 Shuffleboard, REC. 11:30-12:30 Tai Chi-MP 12:00-4:00 Water Colors-A & C 2:00-4:30 Canasta, C&G 2:00-4:30 Pinochle, Library Table	9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:00-2:00 Voc Rehab-Conf 10:30-11:45 Lo Impact Beg. Aer., MP. 12:30-4:30 Duplicate Bridge, C&G 1:00-4:00 Hand & Foot-A & C 1:30-2: 30 Yoga - MP Last Day For Early Registration For OBSG!
13	14	15	16	17
9:00-1:00 AARP Tax –C & G 9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:30-11:45 Lo Impact Beg. Aer., MP. 10:30-1:00 Writer’s Group-Conf 1:00-2:30 OBSF-MP 2:00-4:30 Pinochle, C&G 2:00-4:00 Rummikub-Lib Table 1:30-4:00 Ladies Billiards-REC 7:00-9:30 Dare Squares, MP.	9:00-12:00 Mex. Train-C & G 10:00-3:00 Voc Rehab Training-Conf 10:15-11:15 Tai Chi-MP 10:30-11:30 Dance w/Parkinson's-REC 11:00-2: 00 Yoga - MP 3:00-5:00 Caregiver Support-CONF 7:00-8:30 Line Dancing-MP	9:00-10:15 Adv.-Lo Impact Step Aer., MP. 10:30- 11:45 Lo-Impact beginning Aer., MP 10:00-3:00 Voc Rehab Training-Conf 12:00-12:30 Chairrobics, REC 1:00-3:00 Bingo-MP 1:00-4:00 Open Bridge, C&G 2:00-4:00 Voc Rehab-A & C 7:00-9:00 US CG Aux-Conf 8:00-9:00 Sandspurs, REC.	9:00-1:00 AARP Tax –C & G 9:00-9:45 Chair Tai Chi– MP 11:00-12:00 Health Checks– Hallway 10:00-11:00 Beg Jazz Class-MP 10:00-12:00 Shuffleboard, REC. 11:30-12:30 Tai Chi-MP 1:00-3:00 MG MTG-CONF 12:00-4:00 Water Colors-A & C 2:00-4:30 Canasta, C&G 2:00-4:30 Pinochle, Library Table 2:00-6:00 Master Gardeners Gen MTG-MP	9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:30-11:45 Lo Impact Beg. Aer., MP. 10:30-12:00 Learn to Play Bridge-A & C 12:30-4:30 Duplicate Bridge, C&G 1:00-3:00 OBX Book Club-Conf 1:00-4:00 Hand & Foot-A & C 1:30-2: 30 Yoga - MP
20	21	22	23	24
9:00-1:00 AARP Tax –C & G 9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:30-11:45 Lo Impact Beg. Aer., MP. 2:00-4:30 Pinochle, C&G 2:00-4:00 Rummikub-Lib Table 1:30-4:00 Ladies Billiards-REC 1:30-4:00 Movie-A & C	8:30-10:00 Wright Tappers-MP 9:00-12:00 Mex. Train-C & G 10:15-11:15 Tai Chi-MP 10:30-11:30 Dance w/Parkinson's-REC 12:00-4:00 Therapeutic Massage-CR 1:00-2: 00 Yoga - MP 2:00-4:00 Voc Rehab-Conf 7:00-8:30 Line Dancing-MP	8:30-10:00 OBWC MTG-CONF 9:00-10:15 Adv.-Lo Impact Step Aer., MP. 10 :30-11:45 Lo-Impact beginning Aer., MP. 12:00-12:30 Chairrobics, MP 1:00-4:00 Open Bridge, C&G 6:30-9:00 C & G Auxiliary-MP 8:00-9:00 Sandspurs, REC.	9:00-12:00 Master Gardeners MTG-CONF 9:00-1:00 AARP Tax –C & G 9:00-9:45 Chair Tai Chi– MP 10:00-11:00 Beg Jazz Class-MP 10:00-12:00 Shuffleboard, REC. 11:30-12:30 Tai Chi-MP 12:00-4:00 Water Colors-A & C 1:00-3:30 League of Women Voters-MP 2:00-4:30 Canasta, C&G 2:00-4:30 Pinochle, Library Table	9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:00-2:00 Voc Rehab-Conf 10:30-11:45 Lo Impact Beg. Aer., MP. 10:30-12:00 Learn to Play Bridge-A & C 12:30-4:30 Duplicate Bridge, C&G 1:00-4:00 Hand & Foot-A & C 1:30-2: 30 Yoga - MP 7:00-10:00 50 & Foot Loose Dance At The Dare Center!
27	28	29		
9:00-1:00 AARP Tax –C & G 9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:30-11:45 Lo Impact Beg. Aer., MP. 2:00-4:30 Pinochle, C&G 2:00-4:00 Rummikub-Lib Table 1:30-4:00 Ladies Billiards-REC 7:00-9:30 Dare Squares, MP.	9:00-12:00 Mex. Train-C & G 10:15-11:15 Tai Chi-MP 10:30-11:30 Dance w/Parkinson's-REC 1:00-2: 00 Yoga - MP 2:00-4:00 Voc Rehab-A & C 2:00-4:00 Dunes of Dare– CONF 7:00-8:30 Line Dancing-MP	7:00-10:00 Co Employees Blood T-REC 9:00-10:15 Adv.-Lo Impact Step Aer., MP. 10 :30-11:45 Lo-Impact beginning Aer., MP. 12:00-12:30 Chairrobics, MP 1:00-4:00 Open Bridge, C&G 8:00-9:00 Sandspurs, REC. Happy Leap Day! 	C&G = Card and Game Room A&C = Arts and Crafts Room REC. = Recreation Room CONF. = Conference Room MP = Multi-Purpose Room CR=Computer Room	