

## Weekly Activities:

Exercise	Tuesdays 10:00am
Chair Volleyball	Tuesdays 12:30pm
Tai Chi	Wednesdays 12:30pm
Exercise	Thursdays 10:00am
Chair Volleyball	Fridays 10:00am



# The Senior Times



## Automated Defibrillator Device (AED)

Training for this machine will be held prior to your next meeting on February 10th (about 12:30). The firemen will be here to explain how to use it and answer any questions you may have.

## Looking for New Members!

For every time you bring in a new member this year, your name will go in to a drawing for a *Rolling Travel Bag!* A winner will be drawn at the December Christmas Party!

## La Comedia Dinner Theatre

The Show: Polynesian Fire  
The Date: Thursday, March 5  
The Time: 9:30am (from Whitewater)  
The Cost: \$68 (due by Feb. 1)

## Need Something to do this winter???

Learn how to play euchre! Join us on Wednesday, February 25 at 10am for cards. If you already know how to play, come and help teach someone else. We'll have some light snacks and a fun time! Hope you can make it!

## Corn Hole

Don't know how to play? We'll teach you! Want some exercise? Let's have some fun. Come join us on Feb. 10th at 10am!

## Controlling High Cholesterol

Join us for a CVS Pharmacy Pack Your Bag Event on Tuesday, March 10th at 12:30 (following lunch). A CVS Pharmacist will be here to talk about this topic as well as answer any questions you may have about your current medications! So plan to join us.

## Box Tops and Campbells Labels

We have raised the equivalent of \$75 for Crosby Elementary. Congratulations! Keep bringing those box tops! Make sure that you include the UPC symbol when cutting the Campbells Labels. Also, see Kim for how you can register your Kroger Card on-line and get labels for the school.

## Don't forget Membership Dues—\$5

### Monthly Senior Day

February 10th

- 10:00 Corn Hole \*NEW\*
- 11:30 Lunch at the Center (Pizza) - Cost: \$3.
- 12:30 AED Training and Blood Pressures Taken
- 1:00 Business Meeting
- 2:00 Bingo

Decorations: Maury and  
Marjorie Hornbach