



February 2020

Gilbert Senior Center Activities



(*) Means there is a low cost for the Activity.

MON 3 9:00 Tai' Chi 10:15 Bingo* 12:30 Wii Bowling 12:30 Beginner Line Dancing*	TUE 4 8:30 Chair Exercise 9:00 Geri Fit 11:00 Music-Dale M 1:00 Silver Sneakers 1:00 Mah Jong	WED 5 9:00 Yoga 10:00 Shanghi Push 10:00 Knit/Crochet 10:15 Line Dancing* 12:30 Bunco 4:00 Dining Out: The HUB	THUR 6 8:30 Chair Exercise 9:00 Silver Sneakers 11:00 Music-Carlotta 12:00 Talk to your DR 12:15 Bridge Club 1:00 Geri Fit	FRI 7 8:45 Zumba 9:00 Pinochle Club 10:15 Bingo*
MON 10 9:00 Tai' Chi 10:15 Bingo* 12:15 Longevity Plan 12:30 Wii Bowling 12:30 Beginner Line Dancing*	TUE 11 8:30 Chair Exercise 9:00 Geri Fit 10:00 Blood Pressure 11:00 Music-MJ M 11:45 Card Class* 1:00 Silver Sneakers 1:00 Mah Jong	WED 12 9:00 Yoga 10:00 Knit/Crochet 10:15 Line Dancing* 12:15 10 things to know when you age 12:30 Bunco	THUR 13 8:30 Chair Exercise 9:00 Silver Sneakers 10:00 Canasta Club 11:00 Music-Wayne 12:00 Train your Brain 12:00 Bridge Club 1:30 Geri Fit	FRI 14 8:45 Zumba 9:00 Pinochle Club NO Bingo Valentines Party 10:15-Snacks 11:45-Music by Ken L
MON 17 CLOSED	TUE 18 8:30 Chair Exercise 9:00 Geri Fit 11:00 Music-Jim T 12:00 Dr. Talk 1:00 Silver Sneakers 1:00 Mah Jong	WED 19 9:00 Yoga 10:00 Shanghi Push 10:00 Knit/Crochet 10:15 Line Dancing* 12:30 Bunco 1:00 Menu Meeting	THUR 20 8:30 Chair Exercise 9:00 Silver Sneakers 11:00 Music-Mark 12:00 Lung Screening Talk 12:00 Bridge Club 1:00 Geri Fit	FRI 21 8:45 Zumba 9:00 Pinochle Club 10:15 Bingo*
MON 24 9:00 Tai' Chi 10:15 Bingo* 12:30 Wii Bowling 12:30 Beginner Line Dancing*	TUE 25 8:30 Chair Exercise 9:00 Geri Fit 10:00 Blood Pressure Hearing Check 11:00 Music-Carl 1:00 Silver Sneakers 1:00 Mah Jong	WED 26 9:00 Yoga 10:00 Knit/Crochet 10:15 Line Dancing* 12:00 National Pistachio Day 12:30 Bunco	THUR 27 8:30 Chair Exercise 9:00 Silver Sneakers 10:00 Canasta Club 11:00 Music-Fiddlers 12:00 Bridge Club 1:00 Geri Fit	FRI 28 8:45 Zumba 9:00 Pinochle Club 10:15 Bingo* 1:00 Movie: Mr Rogers Neighborhood