

Special Events and Trips

December, January and February Birthdays will be celebrated February 26 at 10 am

Long Term Care Seminar

Presented by Edward Jones
Thur, February 4, 2010
10:00 am - 11:00 am
Free (SRCNY)

Granbury on The Square Shopping & Trolley Tour

Thur, February 11, 2010
9:00 am - 3:00 pm
\$20 (SRCNY)

10 Year Anniversary of our Memory Quilt at SRCE

Mon, February 15, 2010
Come by and take a look at our quilt on the wall and remember all of the wonderful people who helped create such a special item for our Senior Center at some point today!

Fort Worth Museum of Science & History & Cowgirl Museum

Tue, February 16, 2010
9:00 am - 3:30 pm
\$25 (SRCE)

Senior Variety Show







Tues, February 23, 2010
7:00 pm - 9:00 pm
Free (SRCE)

International Museum of Cultures & Texas Fire Museum

Wed, February 24, 2010
9:30 am - 3:00 pm
\$15 (SRCNY)

Primetime Lunch

Monday ~ Friday, 11:30 am
(You must sign up at least one day in advance. Suggested Donation: \$2)
Please see front desk for a menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 9:45 Tai Chi 10:00 Parkinson's Support 11:30 Prime Time Lunch</p>	<p>2. 8:30 Table Games 10:00 Card Games 10:30 Joyful Singing 11:30 Prime Time Lunch 12:30 Dominos 1:00 Cardio Fitness 3:00 Bingo in the Afternoon</p>	<p>3. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 10:00 Wednesday Dance 11:30 Prime Time Lunch</p>	<p>4. 8:30 Table Games 10:00 Stitch-N-Beads 11:30 Prime Time Lunch 2:00 Parkinson's Support</p>	<p>5. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 10:00 Movie 9:45 Tai Chi 11:30 Prime Time Lunch 1:00 Cardio Fitness</p>
<p>8. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 9:45 Tai Chi 10:00 Parkinson's Support 11:30 Prime Time Lunch</p>	<p>9. 8:30 Table Games 10:00 Card Games 10:30 Joyful Singing 11:30 Prime Time Lunch 12:30 Dominos 1:00 Cardio Fitness 5:00 Supper Club - Golden Corral (in Grand Prairie on I-20)</p>	<p>10. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 10:00 Wednesday Dance 11:30 Prime Time Lunch</p>	<p>11. 8:30 Table Games 10:00 Stitch-N-Beads 11:30 Prime Time Lunch 2:00 Parkinson's Support</p>	<p>12. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 9:30 Food Pantry 9:45 Tai Chi 11:30 Sing With Marvin 11:30 Prime Time Lunch 1:00 Cardio Fitness</p>
<p>15. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 9:45 Tai Chi 10:00 Parkinson's Support 11:30 Prime Time Lunch</p>	<p>16. 8:30 Table Games 10:00 Card Games 10:30 Joyful Singing 11:30 Prime Time Lunch 12:30 Dominos 1:00 Cardio Fitness</p>	<p>17. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 10:00 Wednesday Dance 11:30 Prime Time Lunch</p>	<p>18. 8:30 Table Games 10:00 Stitch-N-Beads 11:30 Prime Time Lunch 2:00 Parkinson's Support</p>	<p>19. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 9:45 Tai Chi 10:00 Super Bingo 11:30 Sing With Marvin 11:30 Prime Time Lunch 1:00 Cardio Fitness</p>
<p>22. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 9:45 Tai Chi 10:00 Parkinson's Support 11:30 Prime Time Lunch</p>	<p>23. 8:30 Table Games 10:00 Card Games 10:30 Joyful Singing 11:30 Prime Time Lunch 12:30 Dominos 1:00 Cardio Fitness 5:00 Pot Luck Bingo</p>	<p>24. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 10:00 Wednesday Dance 11:30 Prime Time Lunch</p>	<p>25. 8:30 Table Games 10:00 Stitch-N-Beads 11:30 Prime Time Lunch 2:00 Parkinson's Support</p>	<p>26. 8:00 Fitness Walking 8:30 Table Games 8:45 Strength Training 9:45 Tai Chi 10:00 Birthday Party 11:30 Prime Time Lunch 1:00 Cardio Fitness</p>
<p> Movie  February 5, 2010 9:30 - 11:30 am "Narrow Margin"</p>				

SPECIAL EVENTS & TRIPS

Craft Club Booth is open :
Mon 9 am - 12 pm & Tue 1 pm - 3 pm

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Free (SRCNY)

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7:00 pm - 9:00 pm
Free (SRCE)

International Museum of Cultures & The Texas Fire Museum

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9:30 am - 3:00 pm
\$15 (SRCNY)

* Please see the SRCNY side of the calendar for information about our Primetime Lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Yoga 9:00 Craft Club 9:45 Exercise 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting 1:00 Competitive/Advanced Bridge 1:30 Intro to PC 2:00 Kitchen Band 5:30 Game Night 7:00 Merry Rounders	1. 2. 9:30 Zumba Gold 9:30 WET Club 11:00 Pilates 12:00 Internet 101 1:00 Competitive/Advanced Bridge 1:30 Line Dance Lessons	3. 8:45 Yoga 9:45 Exercise 1:00 Oil Painting 1:00 Competitive/Advanced Bridge 1:30 Intro to PC	4. 9:30 Exercise 11:00 Pilates 12:00 Internet 101 1:00 Recreational/Beginner Bridge 1:00 55 Alive 5:30 Game Night	5. 9:30 Zumba Gold 1:00 Competitive/Advanced Bridge 7:00 Band Dance Last Call (C & W)
8. 8:45 Yoga 9:00 Craft Club 9:45 Exercise 10:00 NARFE 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting 1:00 Competitive/Advanced Bridge 1:30 Intro to PC 2:00 Kitchen Band 5:30 Game Night 7:00 Merry Rounders	9. 9:30 Zumba Gold 9:30 WET Club 11:00 Pilates 12:00 Internet 101 1:00 Competitive/Advanced Bridge 1:30 Line Dance Lessons	10. 8:45 Yoga 9:45 Exercise 10:00 Senior Men's Club 1:00 Oil Painting 1:00 Competitive/Advanced Bridge 1:30 Intro to PC	11. 9:30 Exercise 11:00 Pilates 12:00 Internet 101 1:00 Recreational/Beginner Bridge 5:30 Game Night	12. 9:30 Zumba Gold 1:00 Competitive/Advanced Bridge 7:00 Band Dance Gary Lee (Big Band)
15. 8:45 Yoga 9:00 Craft Club 9:45 Exercise 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting 1:00 Competitive/Advanced Bridge 1:30 Intro to PC 2:00 Kitchen Band 5:30 Game Night 7:00 Merry Rounders	16. 9:30 Zumba Gold 9:30 WET Club 11:00 Pilates 12:00 Internet 101 1:00 Competitive/Advanced Bridge 1:30 RSEA 1:30 Line Dance Lessons	17. 8:45 Yoga 9:45 Exercise 11:00 Red Hat Trip 1:00 Oil Painting 1:00 Competitive/Advanced Bridge 1:30 Intro to PC	18. 9:30 Exercise 11:00 Pilates 12:00 Internet 101 1:00 Recreational/Beginner Bridge 5:30 Game Night	19. 9:30 Zumba Gold 1:00 Competitive/Advanced Bridge 7:00 Band Dance Taste of Country (C & W)
22. 8:45 Yoga 9:00 Craft Club 9:45 Exercise 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting 1:00 Competitive/Advanced Bridge 1:30 Intro to PC 2:00 Kitchen Band 5:30 Game Night 7:00 Merry Rounders	23. 9:30 Zumba Gold 9:30 WET Club 11:00 Pilates 12:00 Internet 101 1:00 Competitive/Advanced Bridge 1:30 Line Dance Lessons	24. 8:45 Yoga 9:45 Exercise 1:00 Oil Painting 1:00 Competitive/Advanced Bridge 1:30 Intro to PC	25. 9:30 Exercise 11:00 Pilates 12:00 Internet 101 1:00 Recreational/Beginner Bridge 2:00 Senior Men's Golf 5:30 Game Night	26. 9:30 Zumba Gold 1:00 Competitive/Advanced Bridge 7:00 Band Dance High Caliber (C & W)
				

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