

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Walking 9am 10am:Wii Bowling TRIP:9:30am Cavanaugh Flight Museum Bread 2pm McDonald's Bingo 2pm	2 Walking 9am Aquacise 9:30am Duplicate Bridge 12:30pm	3 Walking 9am 11:30am Neptune Society Lunch Provided Hand & Foot 1pm MusicMakers 1pm	4 Walking 9am Stretch 9:30am Contract Bridge 12:30pm Arts & Crafts 1pm 6:30pm:Ballroom	5 Walking 9am Cards 9am Bingo 10am Pinochle 12:30pm	6pmBingo & Game Night Bring Snacks!	
7	8 Walking 9am 9:30am You Can Paint Bread 2pm McDonald's Bingo 2pm	9 Walking 9am Aquacise 9:30am Duplicate Bridge 12:30pm	10 Walking 9am 11:30am Flanery Chiro "Stress & Health" Lunch Provided Hand & Foot 1pm MusicMakers 1pm	11 Walking 9am Stretch 9:30am Contract Bridge 12:30pm Arts & Crafts 1pm 6:30pm:Ballroom	12 Walking 9am Cards 9am Bingo 10am Pinochle 12:30pm	13	
14  Day Light Savings Move Clocks Forward	15 Walking 9am Book Club 2pm Alzheimer Support Group 3pm Bread 2pm McDonald's Bingo 2pm	16 Walking 9am Aquacise 9:30am TRIP: 9:15am:Kimbell Art Museum 6:30p:Tena Burrell "Protect Your Assets" Duplicate Bridge 12:30pm	17 Walking 9am 11:30am St. Patty's Day Luncheon Sponsored by Corinthians Hand & Foot 1pm MusicMakers 1pm	18 Walking 9am Stretch 9:30am Contract Bridge 12:30pm Arts & Crafts 1pm 6:30pm:Ballroom	19 Walking 9am Cards 9am Bingo 10am Pinochle 12:30pm	20 10:30am Tena Burrell "Protect Your Assets" 6pmBingo & Game Night Bring Snacks!	
21	22 Walking 9am 10am Wii Bowling Competition Bread 2pm McDonald's Bingo 2pm	23 Walking 9am Trip: 9a Fort Worth Stock Yards Aquacise 9:30am Duplicate Bridge 12:30pm Movie Day 1:00pm	24 Walking 9am 11:30am Heart Smart "Hints for Eating Out" Brown Bag Hand & Foot 1pm MusicMakers 1pm	25 Walking 9am Stretch 9:30am Contract Bridge 12:30pm Arts & Crafts 1pm 6:30pm:Ballroom	26 Walking 9am Cards 9am Bingo 10am Pinochle 12:30pm	27	
28	29 Walking 9am 9:00 am Choctaw Casino Bread 2pm McDonald's Bingo 2pm	30 Walking 9am Aquacise 9:30am Duplicate Bridge 12:30pm	31 10a-BP Checks 10am:Senior Spelling Bee Sponsored by TexanPlus 11:30am Potluck and Birthday Hand & Foot 1pm MusicMakers 1pm	<div style="border: 2px solid orange; padding: 10px;"> <p>Coppell Senior & Community Center Phone: 972-462-9596 www.coppelltx.gov Center Manager: Laci McKinney</p> </div>			

Please see other side for March's calendar of events.

TRIP:CAVANAUGH FLIGHT MUSEUM-Mon., Mar 1st @ 9:30am. Trace the steps of a century of flight or walk on and look with amazement as newer, faster and more efficient aircraft are being developed. Lunch will be at Norma's Café, bring extra money for lunch. Cost of the trip is \$8, sign-ups required. **Money is due by Feb 23rd.**

NEPTUNE SOCIETY-Wed., Mar. 3rd @ 11:30am. The Neptune Society was established in 1973 as a simple alternative to traditional and costly funeral services. Sign-ups are required. Lunch is provided.

MUSIC MAKERS-Wed., Mar. 3rd-Mar.31st @ 1pm. Come join other music lovers!

STRETCH-Thurs., Mar 4/11/18 & 25 @ 9:30am. You'll move your whole body through a complete series of seated and standing yoga poses. Chair support will be offered to safely perform a variety of postures designed to increase flexibility and balance and range of movement. Wear fitness shoes with good support.

BALLROOM DANCE CLASS-Thurs., Mar. 4/11/18&25 @ 6:30pm. Come enjoy this high energetic ballroom dance class w/instructor Shelly Petreas. Cost of the class is \$20 per couple/\$10 per individual for 4 classes. Drop in fee is \$10 per class. Pre-registration is encouraged.

BINGO AND GAME NIGHT-Sat., Mar. 6 and 20 @ 5pm. Come enjoy great company, food and games. Make sure to bring pre-made snacks to share with everyone. Games begin at 5pm, bingo begins at 6:30pm.

YOU CAN PAINT WORKSHOP-Mon., Mar. 8th @ 9:30am. Fee is \$35/pp. All supplies provided. Project is "Lovebirds on the Trees". Sign-ups required. Fee is paid to the Coppell Senior Center.

FLANERY FAMILY CHIROPRACTIC-Wed., Mar. 10th @ 11:30am. Come enjoy a talk by Dr. Flanery on health, nutrition and stress management. Sign-ups are required. Lunch is provided.

BOOK CLUB -Mon., Mar. 15 @ 2pm. WELCOME ALL BOOK LOVERS. Sit back, relax and discuss. Sign-ups required.

ALZHEIMER SUPPORT GROUP-Mon., Mar 15th @ 3pm. This group offers you an opportunity to share the challenges of caring for someone with Alzheimer's disease or related dementias.

TRIP:KIMBELL ART MUSEUM-Tues., Mar. 16th @ 9:15am. Small collection of less than 350 works, the Kimbell Art Museum has become a byword for quality and importance at the highest level. Cost of the trip is \$6, bring extra money for lunch. Money is due by Mar 8th.

TENA BURRELL, FINANCIAL ADVISOR-Tues., Mar. 16th @ 6:30pm and Mar 20th @ 10:30am. Do you need a financial check up from the financial crisis of 2009? Find out how to protect your assets in these troubled times!

ST. PATTY'S DAY LUNCHEON-Wed., Mar 17th @ 11:30am. Come celebrate St. Patty's day with a lunch at the center. Sign-ups required. Only 55 spots, reserve your spot early. Sponsored by Corinthians.

Wii BOWLING COMPETITION-Mon., Mar 22nd @ 10am. Come join us for a friendly competition against Lewisville's Bowlers. Bring your team of 3 and get signed-up

TRIP:FORT WORTH STOCKYARDS-Tues., Mar 23rd @ 9 am. Come take a trip to the Fort Worth Stockyards. Trip is

walking intensive, make sure to wear comfortable shoes. Cost of the trip is \$6, bring extra money for lunch. Sign-ups required. Money is due by Mar 8th.

MOVIE DAY—Tues., Mar. 23rd @ 1pm. Feature attraction: "Night at the Museum II". Free popcorn to be served.

HEART SMART NUTRITION BROWN BAG SERIES-Wed., Mar. 24th @ 11:30am. How much do you know about your cholesterol? Come learn valuable information on "Hints for Eating Out". Sign-ups required.

CHOCTAW CASINO-Mon., Mar. 29th @ 9am. Join us for a trip to the casino. Only 55 spots, reserve your spot early. Fee is \$3 for \$10/play, \$5 off lunch & transportation. We should return about 5:30pm.

FREE BLOOD PRESSURE CHECKS-Wed., Mar 31st @ 10am sponsored by Woodridge at Grapevine.

SENIOR SPELLING BEE-Wed., Mar 31st @ 10am. Come to participate or come to cheer on the participants. Study guides are available. We'll go round by round until a winner is crowned. Prizes to the top 2 spellers. **Bee sponsored by TexanPlus.**

POTLUCK AND BIRTHDAY CELEBRATION -Wed., Mar. 31st @ 11:30am. Come enjoy our monthly potluck and birthday celebration. Those with birthdays in March will have a chance at a **\$10 gift card compliments of Silverado Senior Living Facility.** Sign-ups are required.

Weekly Activities/Programs

AARP Driver Safety Program- February, June, September
AQUACISE—Tuesday @ 9:30am.

ARTS & CRAFT CLASSES—Thursdays @ 1pm

BINGO @ Senior Center - Fridays @ 10:00 - 11:30am

CONTRACT BRIDGE - Thursdays @ 12:30pm

DUPLICATE BRIDGE - Tuesdays @ 12:30pm

FREE BREAD/PASTRY DAY - Mondays @ 2:00pm

HAND & FOOT—Wednesdays @ 1pm

PINOCHLE/Irene Kaufhold - Friday @ 12:30pm

TAI CHI—Thursday @ 9:30am.

WALKING—Mon-Fri, 9-10am, Aquatic Center

WATER WALKING—Tuesdays @ 9:30am at the Coppell Aquatic & Recreation Center, 234 E Parkway Blvd.

WEDNESDAY PROGRAMS—Weekly informational programs offered @ 11:30am. Lunch may be included. Check calendar for topic. Sign-ups required.

The Coppell Senior Center (972) 462-9596 is open 5 days a week, Monday thru Friday, from 9:00 a.m. to 5:00 p.m. All programs/classes/activities are subject to change or cancellation.

For more information log on to www.ci.coppelltx.gov Go to Departments and Services then click on Senior Center or e-mail the Senior Center Manager, Laci McKinney at lmckinney@coppelltx.gov