

THIS WEEK AT CENTER ON THE HILL ... the place for active adults
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MONDAY, FEBRUARY 20

9:15 am	Zumba Class (Room 3&4)
10:00 am	Italian III Class (Room 2)
10:30 am	Movement Class (Room 3&4)
12:30 pm	Bridge Game (Room 1)
2:00 pm	Mah Jongg Beginners (Room 5)
2:00 pm	Yoga (Harris)
2:00 pm	Ukulele Class (Room 3&4)

TUESDAY, FEBRUARY 21

9:30 am	Drawing and Painting Class (Room 1&2)
10:00 am	Beginners Bridge (Room 3&4)
12:00 pm	CHH Lunch & Learn (Harris)
1:00 pm	Zentangle Workshop (Room 5)
2:00 pm	Help Yourself to Health (Room 1&2)
2:00 pm	Paintings & The Stories They Tell (Harris)
5:30 pm	Alzheimer's Support Group (Room 1&2)

WEDNESDAY, FEBRUARY 22

10:00 am	Tai Chi Class (Room 3&4)
10:00 am	Intro to Computers (Room 5)
12:00 pm	Bridge Group (Room 1&2)
12:00 pm	Diabetes Education Class (Room 5)
2:00 pm	Mah Jongg (Harris)

THURSDAY, FEBRUARY 23

9:30 am	Money Survival Skills for Women (Harris)
10:00 am	Bridge Game (Room 5)
10:00 am	Intermediate Bridge Game (Room 3&4)
1:00 pm	Exploring History thru Film (Harris)
4:00 pm	Mindfulness Based Eating Intro (Harris)
5:30 pm	Soul Line Dancing (Room 3&4)

FRIDAY, FEBRUARY 24

9:30 am	Yoga with Attitude (Room 1&2)
10:00 am	MALT Intro to Computers (Room 5)
10:00 am	Mah Jongg Class (Room 3&4)
11:30 am	In & Out of Chair Yoga (Room 1&2)
1:00 pm	Folk Dancing (Room 3&4)