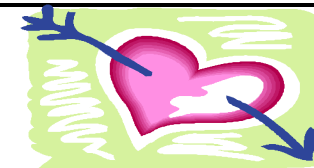




# McHenry Township Senior Center Activities

## February 2010



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:00 A.F.E.C. Exercise 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch <b>10:00 Rummikub Club</b> 11:30 Golden Diners Deli <b>1:00 Wonder Lake Senior Club Meeting</b>	<b>2</b> 10:00 Mah Jong 10:00 Bean Bag Toss 10:30 Dominoes 11:30 Deli Style Lunch 12:30 Pinochle 1:00 Bridge	<b>3</b> 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch <b>10:30 Monthly B/P Checks</b> 11:30 Deli Style Lunch 12:30 Bingo	<b>4</b> 9:00 Crafters Hookers 9:30 Tai Chi with Allison at McHenry Township Hall  11:30 Deli Style Lunch	<b>5</b> 8:00 Pace Exercise 9:00 Guys-n-Gals Exercise 10:00 Coffee Clutch 11:30 Deli Style Klatch <b>1:00 Movie Matinee (Radio)</b> <b>1:00 Line Dancing</b>
<b>8</b> 8:00 A.F.E.C. Exercise 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch <b>10:00 Rummikub Club</b> 11:30 Golden Diners Deli <b>12:30 McHenry Senior Club Meeting</b>	<b>9</b> 10:00 Mah Jong 10:00 Bean Bag Toss 10:30 Dominoes 11:30 Deli Style Lunch 12:30 Pinochle 1:00 Bridge	<b>10</b> 9:00 Guys-n-Gals Exercise <b>9:45 FREE Health Screening</b> Converge Home Health Care Call 815-344-3555 to Register 10:00 Coffee Klatch 12:30 Bingo	<b>11</b> 9:00 Crafters Hookers 9:30 Tai Chi with Allison at McHenry Township Hall 11:30 Deli Style Lunch <b>1:00 Cooking Demonstrations (Healthy Heart)</b>	<b>12</b> 8:00 Pace Exercise 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch 11:30 Deli Style Lunch <b>1:00 Line Dancing</b> <b>6:00PM Valentines Dinner Benefit for reservations call 344-3555</b>
<b>15 CENTER OPEN President's</b> 8:00 A.F.E.C. Exercise 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch <b>10:00 Rummikub Club</b> <b>10:30 Mardi Gras Party Richmond</b> 11:30 Golden Diners Deli	<b>16</b> 10:00 Mah Jong 10:00 Bean Bag Toss 10:30 Dominoes 11:30 Deli Style Lunch 12:30 Pinochle 1:00 Bridge	<b>17</b> 9:00 Guys-n-Gals Exercise <b>10:00 FREE Senior Wellness Day</b> Call 815-3443555 For More Info 10:00 Coffee Klatch 12:30 Bingo	<b>18</b> 9:00 Crafters Hookers 9:30 Tai Chi with Allison at McHenry Township Hall  11:30 Deli Style Lunch 1:30 1st Midwest Bank Check Book Balancing Help	<b>19</b> 8:00 Pace Exercise 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch 11:30 Deli Style Lunch <b>1:00 Line Dancing</b>
<b>22</b> 8:00 A.F.E.C. Exercise 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch <b>10:00 Rummikub Club</b> 11:30 Golden Diners Deli	<b>23</b> 10:00 Mah Jong 10:00 Bean Bag Toss 10:30 Dominoes 11:30 Deli Style Lunch 12:30 Pinochle 1:00 Bridge	<b>24</b> 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch <b>10:00: FREE Mutual of Omaha Medicare Supplement Presentation</b> 11:30 Deli Style Lunch 12:30 Bingo	<b>25</b> 9:00 Crafters Hookers 9:30 Tai Chi with Allison <b>9:45 Brightstar hosts FREE Balance Checks &amp; Nintendo Wii</b> 11:30 Deli Style Lunch <b>1:00 Movie(The Secret)</b>	<b>26</b> 8:00 Pace Exercise 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch 11:30 Deli Style Lunch <b>1:00 Line Dancing</b>
<b>Golden Diner Site</b> <b>Deli Style lunches served daily</b> <b>For additional information</b> <b>Contact Mary Ann, Site Manager</b> <b>815-385-8260</b>	<b>Alden Terrace of McHenry sponsors monthly Blood Pressure Screenings on the first Wednesday 10:30 to 11:30 a.m.</b>	<b>NO McHenry Township BUS on Monday 15th</b>	<b>Senior Computer Classes</b> <b>To Register call 815-344-3555</b>	