




Monday	Tuesday	Wednesday	Thursday	Friday
<i>February</i>		2020		
Therapeutic Art 10:00am 3 Theatre Arts 10am Registration Starts Today	Breakfast and Fitness 9:30am 4 Basic Cell Phone 9-9:45am Crafts Made Simple 10am BINGO 10:30am Food Safety 10am My Favorite Flea Mkt Trip	Writer's Workshop 12-2 5 AARP Taxes by Appointment Low Vision Awareness 10:30am	Breakfast & Fitness 9:30am 6 Floral & More 10:15 am Crochet 10am/BINGO 10:30am GA Ctr. For Deaf & Hard of Hearing 11:30am Sculpting w/Clay 12pm Jewelry Making 1:00pm Comp. Keyboarding 1:30pm	Low Impact in Motion 9:30a 7 Theatre Arts 10am Weigh Down 10:30am AARP Taxes by Appointment Valentine's Dance tomorrow Saturday 2/8@6pm
Therapeutic Art 10:00am 10 Theatre Arts 10am	Family Feud 10am 11 BINGO 10:30am Book Club 1pm Arts Clayton Museum Trip	Writer's Workshop 12-2 12 Walmart Shopping Trip  AARP Taxes by Appointment Sacred Journey Hospice Advanced Directives 11:30a	Crochet 10am/BINGO 10:30am 13 Tubman Museum Trip Senior Support Group 11:45am	Garden Club 10am 14 AARP Taxes by Appointment Silver Sneakers Happiness Effect Workshop 11am
Break Week				
Therapeutic Art 10:00am 17 Theatre Arts 10am	Breakfast and Fitness 9:30am 18 Basic Cell Phone 9-9:45am Crafts Made Simple 10am BINGO 10:30am Heart Health Awareness 1pm	AARP 10 AM 19 Stress Relief Tips 10am Writer's Workshop 12-2 AARP Taxes by Appointment	Breakfast & Fitness 9:30am 20 Floral & More 10:15 am Crochet 10am/BINGO 10:30am Sculpting w/Clay 12pm Jewelry Making 1:00pm Comp. Keyboarding 1:30pm Black History Program 1:30pm	Georgia Cares 21  Low Impact In Motion 9:30a Theatre Arts 10am Living Well w/Chronic Disease 10am Weigh Down 10:30am Severe Weather Preparedness 11am AARP Taxes by Appointment
Therapeutic Art 10:00am 24 Theatre Arts 10am RSVP Meeting 10am	Breakfast and Fitness 9:30am 25 Basic Cell Phone 9-9:45am Crafts Made Simple 10am BINGO 10:30am Holiday-Dorsey Fife Museum Trip	Hidden Treasures In 26 African American History 11am Writer's Workshop 12-2 AARP Taxes by Appointment Kroger Shopping Trip  AARP's Georgia's Great African Americans Tour	Breakfast & Fitness 9:30am 27 Floral & More 10:15 am Crochet 10am/BINGO 10:30am Senior Support Group 11:45am Sculpting w/Clay 12pm Jewelry Making 1:00pm Comp. Keyboarding 1:30pm True Colors "Mean Girls" Trip	Low Impact In Motion 9:30a 28 Theatre Arts 10am Living Well w/Chronic Disease 10am Weigh Down 10:30am AARP Taxes by Appointment



AquaClasses

Aqua Fitness
Wed 2 pm
Aqua Zumba
Thurs 11:15am
Combat H2O
Mon 11:15am
Water Fitness I
Mon & Thurs 9 am
Water Fitness II
Mon & Thurs 10 am

Water Walking Classes:

Water Walking I -
Mon. 1:15 - 2:00 pm
(Canceled)
Water Walking II -
Tues. 3pm - 3:45pm
Water Walking III -
Wed. 1:15p - 2pm
Water Walking IV -
Thurs 3pm - 3:45pm

Beginner Swim:
Tues/Wed 11a-12pm
Tues/Thurs 1p-2pm
Intermediate Swim:
Tues/Thurs 2p-3pm

Aqua Volleyball
Wednesdays
10:15-10:50am

Open Swim
Tues 10:15-10:50am
Wed 3-4pm
Thurs 5-6:45pm

Pool & Fitness Orientation
Thursday(s)
12:30pm & 4:30pm
by appointment

Monday	Tuesday	Wednesday	Thursday	Friday
February 2020				
Pool Closed for Cleaning			Break Week February 10-14, 2020	
<p>No Morning Open Swim 3 9am Water Fitness I 10 am Water Fitness II 11:15 am Combat H2O Pool Closed from 12-4pm (Until Further Notice)</p>	<p>9:00-11:00 Open Swim 4 11-12 Beginner Swim 1pm—2pm Beg. Swim 2pm - 3pm Interm. Swim 3:00—3:45 Water Walking</p>	<p>10:15-11am OPEN SWIM 5 11-12 Beginner Swim 1:15-2pm Water Walking III 2pm Aqua Fitness 3:00 - 4:00 OPEN SWIM</p>	<p>No morning Open Swim 6 9am Water Fitness I 10 am Water Fitness II 11:15 Aqua Zumba 12:30PM Pool Orientation 1pm—2pm Beg. Swim 2-3 Intermediate Swim 3:00—3:45 Water Walking 5:00—6:45 OPEN SWIM</p>	<p>9:00-10:45 OPEN SWIM 7 11am Aqua Volleyball 1:30-4pm OPEN SWIM</p>
<p>9:00- 11:00 Open Swim10 Pool Closed from 12-4pm (Until Further Notice)</p>	<p>9:00- 11:00 Open Swim 11 1:30-4pm OPEN SWIM</p>	<p>12</p>	<p>9:00- 11:00 Open Swim 13 1:30-4pm OPEN SWIM 5:00—6:45pm OPEN SWIM</p>	<p>9:00-10:45 OPEN SWIM 14 11am Aqua Volleyball 1:30-4pm OPEN SWIM</p>
<p>No Morning Open Swim 17 9am Water Fitness I 10 am Water Fitness II 11:15 am Combat H2O Pool Closed from 12-4pm (Until Further Notice)</p>	<p>9:00-11:00 Open Swim 18 11-12 Beginner Swim 1pm—2pm Beg. Swim 2pm - 3pm Interm. Swim 3:00—3:45 Water Walking</p>	<p>10:15-11am OPEN SWIM 19 11-12 Beginner Swim 1:15-2pm Water Walking III 2pm Aqua Fitness 3:00 - 4:00 OPEN SWIM</p>	<p>No morning Open Swim 20 9am Water Fitness I 10 am Water Fitness II 11:15 Aqua Zumba 12:30PM Pool Orientation 1pm—2pm Beg. Swim 2-3 Intermediate Swim 3:00—3:45 Water Walking 5:00—6:45 OPEN SWIM</p>	<p>9:00-10:45 OPEN SWIM 21 11am Aqua Volleyball 1:30-4pm OPEN SWIM</p>
<p>No Morning Open Swim 24 9am Water Fitness I 10 am Water Fitness II 11:15 am Combat H2O Pool Closed from 12-4pm (Until Further Notice)</p>	<p>9:00-11:00 Open Swim 25 11-12 Beginner Swim 1pm—2pm Beg. Swim 2pm - 3pm Interm. Swim 3:00—3:45 Water Walking</p>	<p>10:15-11am OPEN SWIM 26 11-12 Beginner Swim 1:15-2pm Water Walking III 2pm Aqua Fitness 3:00 - 4:00 OPEN SWIM</p>	<p>No morning Open Swim 27 9am Water Fitness I 10 am Water Fitness II 11:15 Aqua Zumba 12:30PM Pool Orientation 1pm—2pm Beg. Swim 2-3 Intermediate Swim 3:00—3:45 Water Walking 5:00—6:45 OPEN SWIM</p>	<p>9:00-10:45 OPEN SWIM 28 11am Aqua Volleyball 1:30-4pm OPEN SWIM</p>

