











SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
			<p>1</p> <p>9:30am - Walkers - NS <i>10:00am - Ejercicios con Lorena (Latin Group)</i></p> <p>10:15am - Shamrock Walking Club 11:00am - Aerobic Exercise <i>11:00am - Latin Group</i> 11:00am - Intermediate Spanish Class 12:00noon - Conversation - Spanish Class 12:00noon - Lunch at Shamrock's Café <i>12:30pm - Center for Prevention Services</i> <i>1:00pm - Tai - Chi</i> 2:00pm - Shredder Service</p> 	<p>2</p> <p>9:30am - Shamrock Walking Club 9:30am - Walkers - NS 10:00am - ESL Class 12:00noon - Lunch at Shamrock's Café 1:00pm - Citizenship Class 2:00pm - Shredder Service</p>	<p>3</p> <p>9:30 10:00 <i>10:00</i> 10:15 11:00 12:00 12:30 2:00</p>
5	6	7	8	9	10
	<p><i>9:00am - Introduction to Computers</i> 9:30am - Walkers - NS <i>10:00am - Tai-Chi Arthritis Class</i> <i>10:00am - Self-Defense Class - Sgt. Carmichael</i> 10:15am - Shamrock Walking Club 11:00am - Aerobic Exercise 12:00am - Lunch at Shamrock's Café <i>12:00pm - Gabby Readers Club</i> 2:00pm - Shredder Service</p>	<p>9:30am - Walkers - NS 9:30am - Shamrock Walking Club 10:00am - ESL Class 12:00am - Lunch at Shamrock's Café 1:00pm - Citizenship Class 2:00pm - Shredder Service</p>	<p>9:30am - Walkers - NS <i>10:00am - Ejercicios con Lorena (Latin Group)</i> 10:15am - Shamrock Walking Club 11:00am - Aerobic Exercise <i>11:00am - Latin Group</i> 11:00am - Intermediate - Spanish Class 12:00noon - Conversation - Spanish Class 12:00noon - Lunch at Shamrock's Café <i>12:30pm - Library Program</i> <i>1:00pm - Tai - Chi</i> 2:00pm - Shredder Service</p>	<p>9:30am - Shamrock Walking Club 9:30am - Walkers - NS 10:00am - ESL Class 12:00noon - Lunch at Shamrock's Café 1:00pm - Citizenship Class 2:00pm - Shredder Service</p> 	<p>9:30 <i>10:00</i> 10:00 10:15 11:00 12:00 12:30 2:00</p>
12	13	14	15	16	17
	<p><i>9:00am - Introduction to Computers</i> 9:30am - Walkers - NS <i>10:00am - Tai-Chi Arthritis Class</i> <i>10:00am - Conversations with Jonathan Kromer</i> 10:15am - Shamrock Walking Club 11:00am - Aerobic Exercise <i>11:00am - Grandparents Support Group</i> 12:00am - Lunch at Shamrock's Café <i>12:00pm - Gabby Readers Club</i> 2:00pm - Shredder Service</p>	<p>9:30am - Walkers - NS 9:30am - Shamrock Walking Club 10:00am - ESL Class 12:00am - Lunch at Shamrock's Café 1:00pm - Citizenship Class 2:00pm - Shredder Service</p> 	<p>9:30am - Walkers - NS <i>10:00am - Ejercicios con Lorena (Latin Group)</i> 10:15am - Shamrock Walking Club 11:00am - Aerobic Exercise <i>11:00am - Latin Group</i> 11:00am - Intermediate Spanish Class 12:00noon - Conversation - Spanish Class 12:00noon - Lunch at Shamrock's Café <i>12:30pm - Center for Prevention Services</i> <i>1:00pm - Tai - Chi</i> 2:00pm - Shredder Service</p> 	<p>9:30am - Shamrock Walking Club 9:30am - Walkers - NS 10:00am - ESL Class <i>10:30am - Visit from the Library</i> 12:00noon - Lunch at Shamrock's Café 1:00pm - Citizenship Class 2:00pm - Shredder Service</p>	<p>9:30 10:00 <i>10:00</i> 10:15 11:00 12:00 12:30 <i>1:00</i> 2:00</p>
19	20	21	22	23	24
	<p><i>9:00am - Introduction to Computers</i> 9:30am - Walkers - NS <i>9:30am - AARP - 55 Alive Driver Safety Program</i></p>  <p><i>10:00am - Tai-Chi Arthritis Class</i> 10:15am - Shamrock Walking Club 11:00am - Aerobic Exercise 12:00am - Lunch at Shamrock's Café <i>12:00pm - Gabby Readers Club</i></p>	<p>9:30am - Walkers - NS 9:30am - Shamrock Walking Club 10:00am - ESL Class 12:00am - Lunch at Shamrock's Café 1:00pm - Citizenship Class 2:00pm - Shredder Service</p>	<p>9:30am - Walkers - NS <i>10:00am - Ejercicios con Lorena (Latin Group)</i> 10:15am - Shamrock Walking Club 11:00am - Aerobic Exercise <i>11:00am - Latin Group</i> 11:00am - Intermediate - Spanish Class 12:00noon - Conversation - Spanish Class 12:00noon - Lunch at Shamrock's Café <i>12:30pm - Library Program</i> <i>1:00pm - Tai - Chi</i></p>	<p>9:30am - Shamrock Walking Club 9:30am - Walkers - NS 10:00am - ESL Class 12:00noon - Lunch at Shamrock's Café 1:00pm - Citizenship Class 2:00pm - Shredder Service</p> 	<p>9:30 10:00 <i>10:00</i> 10:15 11:00 12:00 12:30 2:00</p>

	2:00pm - Shredder Service		2:00pm - Shredder Service	
26	27	28	29	
	<p>9:30am - Walkers - NS 10:00am - Tai-Chi Arthritis Class 10:15am - Shamrock Walking Club 11:00am - Aerobic Exercise 12:00am - Shamrock's Café 12:00pm - Gabby Readers Club 2:00pm - Shredder Service</p> 	<p>9:30am - Walkers - NS 9:30am - Shamrock Walking Club 10:00am - ESL Class 12:00am - Lunch at Shamrock's Café 1:00pm - Citizenship Class 2:00pm - Shredder Service</p>	<p>9:30am - Walkers - NS 10:00am - Ejercicios con Lorena (Latin Group) 10:15am - Shamrock Walking Club 11:00am - Aerobic Exercise 11:00am - Latin Group 11:00am - Intermediate Spanish Class 12:00noon - Conversation - Spanish Class 12:00noon - Lunch at Shamrock's Café 12:30pm - Center for Prevention Services 1:00pm - Tai - Chi 2:00pm - Shredder Service</p>	

FRIDAY	SAT.
<p>9am - Walkers - NS</p> <p>9am - S.H.I.I.P. (Call for Appointment)</p> <p><i>oam - Alzheimer's Support Group</i></p> <p>9am - Shamrock Walking Club</p> <p>9am - Aerobic Exercise</p> <p>12noon - Lunch at Shamrock's Café</p> <p>1pm - Bridge Club</p> <p>1pm - Shredder Service</p>	4
<p>9am - Walkers - NS</p> <p><i>oam - Diabetes Support Group</i></p> <p>9am - S.H.I.I.P. (Call for Appointment)</p> <p>9am - Shamrock Walking Club</p> <p>9am - Aerobic Exercise</p> <p>12noon - Lunch at Shamrock's Café</p> <p>1pm - Bridge Club</p> <p>1pm - Shredder Service</p>	11
<p>9am - Walkers - NS</p> <p>9am - S.H.I.I.P. (Call for Appointment)</p> <p><i>oam - Introduction to Photography</i></p> <p><i>with Frank Williams</i></p> <p>9am - Shamrock Walking Club</p> <p>9am - Aerobic Exercise</p> <p>12noon - Lunch at Shamrock's Café</p> <p>1pm - Bridge Club</p> <p><i>1pm - Valentine's Movie - "The Help"</i></p> <p>1pm - Shredder Service</p> 	18
<p>9am - Walkers - NS</p> <p>9am - S.H.I.I.P. (Call for Appointment)</p> <p><i>oam - Educational Seminar on Shingles</i></p> <p>9am - Shamrock Walking Club</p> <p>9am - Aerobic Exercise</p> <p>12noon - Lunch at Shamrock's Café</p> <p>1pm - Bridge Club</p> <p>1pm - Shredder Service</p>	25

February

2012

SHAMROCK SENIOR CENTER

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