

# January 2019

## Coover Center Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>31</u></p>	<p><u>1</u></p>	<p><u>2</u></p> <p>9:00-4:00 <b>Foot Care</b>  <del>10:00-11:00 Swing</del>                      Noon-1:00 <b>Lunch</b>  <del>1:30-2:30 Tai Chi</del>  <del>3:15-4:45 Ballroom</del></p>	<p><u>3</u></p> <p>Noon-1:00 <b>Lunch</b></p>	<p><u>4</u></p> <p>10:00-11:00 <b>Line</b>                      Noon-1:00 <b>Lunch</b></p>
<p><u>7</u></p> <p>9:00-4:00 <b>Massage</b>                      10:00-11:00 <b>Swing</b>                      11:00-Noon <b>Bingo</b>                      Noon-1:00 <b>Lunch</b>                      12:00-1:30 <b>T.O.P.S.</b>                      3:15-4:45 <b>Ballroom</b></p>	<p><u>8</u></p> <p>9:30-10:30 <b>Yoga</b>                      10:00-12:00 <b>Art</b>                      Noon-1:00 <b>Lunch</b>                      1:00-4:00 <b>Helping Hands/Happy People</b></p>	<p><u>9</u></p> <p>9:00-4:00 <b>Foot Care</b>                      10:00-11:00 <b>Swing</b>                      Noon-1:00 <b>Lunch</b>                      1:30-2:30 <b>Tai Chi</b>                      3:15-4:45 <b>Ballroom</b></p>	<p><u>10</u></p> <p>Noon-1:00 <b>Lunch</b></p>	<p><u>11</u></p> <p>10:00-11:00 <b>Line</b>                      Noon-1:00 <b>Lunch</b></p>
<p><u>14</u></p> <p>10:00-11:00 <b>Swing</b>                      Noon-1:00 <b>Lunch</b>                      12:00-1:30 <b>T.O.P.S.</b>                      3:15-4:45 <b>Ballroom</b></p>	<p><u>15</u></p> <p>9:30-10:30 <b>Yoga</b>                      10:00-12:00 <b>Art</b>                      Noon-1:00 <b>Lunch</b></p>	<p><u>16</u></p> <p>9:00-4:00 <b>Foot Care</b>                      10:00-11:00 <b>Swing</b>                      Noon-1:00 <b>Lunch</b>                      1:30-2:30 <b>Tai Chi</b>                      3:15-4:45 <b>Ballroom</b></p>	<p><u>17</u></p> <p>Noon-1:00 <b>Lunch</b></p>	<p><u>18</u></p> <p>10:00-11:00 <b>Line</b>                      Noon-1:00 <b>Lunch</b></p>
<p><u>21</u></p> <p>9:00-4:00 <b>Massage</b>                      10:00-11:00 <b>Swing</b>                      11:00-Noon <b>Bingo</b>                      Noon-1:00 <b>Lunch</b>                      12:00-1:30 <b>T.O.P.S.</b>                      3:15-4:45 <b>Ballroom</b></p>	<p><u>22</u></p> <p>9:30-10:30 <b>Yoga</b>                      10:00-12:00 <b>Art</b>                      Noon-1:00 <b>Lunch</b>                      1:00-4:00 <b>Helping Hands/Happy People</b></p>	<p><u>23</u></p> <p>9:00-4:00 <b>Foot Care</b>                      10:00-11:00 <b>Swing</b>                      Noon-1:00 <b>Lunch</b>                      1:30-2:30 <b>Tai Chi</b>                      3:15-4:45 <b>Ballroom</b></p>	<p><u>24</u></p> <p>Noon-1:00 <b>Lunch</b></p>	<p><u>25</u></p> <p>10:00-11:00 <b>Line</b>                      Noon-1:00 <b>Lunch</b></p>
<p><u>28</u></p> <p>10:00-11:00 <b>Swing</b>                      Noon-1:00 <b>Lunch</b>                      12:00-1:30 <b>T.O.P.S.</b>                      3:15-4:45 <b>Ballroom</b></p>	<p><u>29</u></p> <p>9:30-10:30 <b>Yoga</b>                      10:00-12:00 <b>Art</b>                      Noon-1:00 <b>Lunch</b></p>	<p><u>30</u></p> <p>9:00-4:00 <b>Foot Care</b>                      10:00-11:00 <b>Swing</b>                      Noon-1:00 <b>Lunch</b>                      1:30-2:30 <b>Tai Chi</b>                      3:15-4:45 <b>Ballroom</b></p>	<p><u>31</u></p> <p>Noon-1:00 <b>Lunch</b></p>	<p><u>1</u></p> <p>10:00-11:00 <b>Line</b>                      Noon-1:00 <b>Lunch</b></p>

More information of activities are on the following page.

# Coover Center Activities

## ART PAINTING

Individuals who create artworks with pencil, water colors, paint, charcoal, and more. No fee. Bring own materials. Tuesdays 10:00am-12:00pm.

## BALLROOM DANCING

Instructors teach basic through advanced steps. \$25.00/8 lessons. Mondays 3:15pm-4:45pm (basic to intermediate). Wednesdays 3:15pm-4:45pm (intermediate to advanced).

## Bingo

A friendly game with a chance to win prizes. First and Third Monday of each month. 11:00am-12:00pm.

## CHAIR YOGA

Balance your mind and your body with Leslie Neuman. Minimum donation of \$5.00 for each class. Tuesdays 9:30-10:30am.

## FOOT CARE

Podiatrist provides foot care for better health. \$28.00 per visit. Bring own towel, and appointment is required. Appointments are scheduled Wednesdays 9:00am-4:00pm. Call Kathleen at 269-671-5427 to schedule an appointment.

## G.R.O.W.

(Grief Recovery Outreach to Wholeness)

Six week grief support session. Contact Dana Naumann, MSW at Langland Family Funeral Homes. 269-343-1508 or [dana@langelands.com](mailto:dana@langelands.com)

## HELPING HANDS/HAPPY PEOPLE

Knit baby hats and booties for newborns at local hospitals. Also knit scarves, mittens, gloves, and lap robes that are distributed to community agencies. Second and Fourth Tuesday of the month 1:00pm-4:00pm.

# I N F O R M A T I O N

## LINE DANCING

Advanced line dance class. Instructed by Susan Iervolina. \$35.00/7 weeks. Friday 10:00am-11:00am.

## MASSAGE

Relieve stress and promote relaxation. Each session is tailored according to your needs. \$20.00/30 minutes. Appointments are scheduled Mondays at 9:00am-4:00pm. Call Eugenia at 269-808-2040 to schedule an appointment.

## SWINGING WITH SUSAN

For all levels of fitness. Instructed by Susan Iervolina. \$35.00/7 weeks. Monday & Wednesday 10:00am-11:00am.

## TAI CHI

Safely improve balance, strength, and flexibility. Instructed by certified instructor Ed Kehoe. \$5.00 for each class. Wednesday 1:30pm-2:30pm.

## T.O.P.S.

(Taking Off Pounds Sensibly)

Support group for who's looking to lose weight sensibly and with encouragement. \$3.00/month or \$28.00/year (National fee). Mondays 12:00pm - 1:30pm.

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