



# THE KROC


## COMMUNITY CENTER

**FACILITY CALENDAR**

JANUARY 2-FEBRUARY 25

**CONNECT WITH US!**

 /GreenBayKrocCenter

 /GBKroc

**GBKrocCenter.org**



**KROC**  
COMMUNITY CENTER

# FIND YOUR FIT

## GROUP FITNESS CLASS DESCRIPTIONS.

FOR INSTRUCTOR AND LOCATION, SEE SCHEDULE TO THE RIGHT.

### INTENSE CARDIO & STRENGTH

#### CARDIO FUSION BOOT CAMP

This high-energy class combines cardio and strength intervals using a variety of equipment.

#### TRX

Hit all major muscle groups and get your heart pumping using TRX straps!

#### HIIT/ON THE BALL HIIT

High Intensity Interval Training. Movements combine plyometrics, strength and cardio into a full-body workout that increases cardio endurance. HIIT Kickboxing adds an additional kickboxing element to traditional HIIT.

#### STRENGTH AND TABATA

This class combines a 25 minute circuit workout using weights and resistance training with 20 minutes of high-intensity cardio work.

#### TRX/CORE BOOT CAMP

Focus on the core to strengthen the whole body using your own body resistance as well as weight and equipment. The addition of higher intensity periods and cardio makes this a whole-body workout.

#### INSANITY®

An exciting, interval-style group workout class that is easy to learn and fun to participate in. Interval exercises paired with well-timed music create a heartthumping workout.

### CYCLE (NOW FREE!)

#### CYCLE/SUNRISE CYCLING

This 45 minute ride on our state-of-the-art stationary bikes will incorporate resistance, cardio and endurance. Music will motivate, and each individual will have control over intensity.

#### PUMP 'N' PEDAL

Two workouts in one! Get the cardio workout benefits of cycling while building strength with interval resistance training.

### FUN & UNIQUE

#### ZUMBA®

A fun dance workout to upbeat Latin/International music. Routines are fun, easy to learn and get your heart rate up.

#### ZUMBA® GOLD

A fun dance workout to upbeat Latin/International music. Zumba Gold modifies traditional moves into a lower-intensity workout great for active older adults.

#### HULA CORE

Shake up your core workout by incorporating the Hula Hoop to trim your waistline.

#### SATURDAY SAMPLER

A new offering on Saturdays - each week features a different type of class the Kroc has to offer. Want to try something new? Check the schedule at the front desk to see what classes are featured.

#### FAITH, FOOD, FITNESS

Explore a biblical perspective on how to take care of your body. Learn scripture, get nutrition tips, yummy recipes and receive fitness tutorials from a personal trainer. A complete life-altering makeover from the inside out with the support of others encouraging you along the way!

### GREAT FOR ACTIVE OLDER ADULTS

#### SILVERSNEAKERS® CLASSIC/SENIOR FIT

Stay active! Use light weights, bands and chairs to focus on balance and flexibility.

#### STRETCH CLASS

Total body stretching to energizing Christian music. Great for the body and soul!

#### SLOW FLOW YOGA

Great for beginners, seniors and those who need a more gentle workout. This slow flow incorporates more gentle poses and pacing than a traditional yoga class. (Chair optional.)

#### ZUMBA® GOLD

A fun dance workout to upbeat Latin/International music. Zumba Gold modifies traditional moves into a lower-intensity workout great for active older adults.

### STONE & BALANCE

#### YOGA

Poses are combined to improve balance, stability, strength and overall physiology. Poses are combined with breath work and end with relaxation and body awareness.

#### YOGA SCULPT

More of a workout than traditional yoga, we add weights for increased strengthening.

#### SLOW FLOW YOGA

Great for beginners, seniors and those who need a more gentle workout. This slow flow incorporates more gentle poses and pacing than a traditional yoga class.

#### EXPRESS YOGA

This 45-minute class is a more compact version of our traditional yoga class, and is a great lunchbreak workout.

#### BARRE/CORE AND BARRE

Barre uses beginner ballet techniques for a muscle-shaking workout that focuses on sculpting the lower body.

#### SHRED SCULPT STRETCH

A class that combines the best of everything! Class begins with a warmup and cardio interval work. Strength-based exercises follow. To wrap up, 20 minutes are set aside for deep stretch work.

### STRENGTH

#### CORE AND MORE

Strengthen from shoulders to glutes! A rocking core workout followed by yoga to increase balance, strength and flexibility.

#### WOMEN ON WEIGHTS (aka WOW)

An introduction to weight training for women. Watch demonstrations, practice basic lifts and get comfortable in the weight room. Strength training is important for women's health - we make it less intimidating to start!

#### STRENGTH CLASS

Use weights and equipment, as well as your own body weight, to tone and strengthen from head to toe.

# GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CARDIO FUSION BOOT CAMP</b> 5:30-6:15 AM INSTRUCTOR MARY G GYM	<b>TRX BOOT CAMP</b> 5:30-6:15 AM INSTRUCTOR DAWN FITNESS STUDIO	<b>CARDIO FUSION BOOT CAMP</b> 5:30-6:15 AM INSTRUCTOR MARY G GYM	<b>CARDIO FUSION BOOT CAMP</b> 5:30-6:15 AM INSTRUCTOR DAWN FITNESS STUDIO	<b>CARDIO FUSION BOOT CAMP</b> 5:30-6:15 AM INSTRUCTOR MARY G GYM	
	<b>SUNRISE CYCLING</b> 6:15-7:00 AM INSTRUCTOR LIZ CYCLING STUDIO		<b>YOGA</b> 8:00-9:00 AM INSTRUCTOR ALEX DANCE STUDIO	<b>SUNRISE CYCLING</b> 6:15-7:00 AM INSTRUCTOR KATE CYCLING STUDIO	<b>PUMP 'N' PEDAL</b> 7:00-7:45 AM INSTRUCTOR VARIES FITNESS STUDIO
<b>CARDIO FUSION BOOT CAMP</b> 8:15-9:00 AM INSTRUCTOR JANE FITNESS STUDIO	<b>CORE BOOT CAMP</b> 8:30-9:15 AM INSTRUCTOR CODY FITNESS STUDIO	<b>TRX</b> 8:15-9:00 AM INSTRUCTOR JANE/JONI FITNESS STUDIO	<b>CORE BOOT CAMP</b> 8:30-9:15 AM INSTRUCTOR JILL FITNESS STUDIO	<b>STRENGTH AND TABATA</b> 8:15-9:00 AM INSTRUCTOR KATE WEIGHT ROOM	
<b>YOGA</b> 9:00-10:00 AM INSTRUCTOR LIZ DANCE STUDIO		<b>YOGA SCULPT</b> 9:00-9:45 AM INSTRUCTOR ASHLEY P DANCE STUDIO	<b>PUMP 'N' PEDAL</b> 9:15-10:15 AM INSTRUCTOR KAREN CYCLE STUDIO	<b>YOGA</b> 9:00-10:00 AM INSTRUCTOR MERCEDES DANCE STUDIO	
<b>SILVER SNEAKERS* CLASSIC</b> 9:15-10:00 AM INSTRUCTOR JANE FITNESS STUDIO	<b>SLOW FLOW YOGA</b> 9:15-10:00 AM INSTRUCTOR LIZ DANCE STUDIO	<b>CYCLING</b> 9:15-10:00 AM INSTRUCTOR JANE CYCLING STUDIO	<b>SLOW FLOW YOGA</b> 9:15-10:00 AM INSTRUCTOR VICTORIA A DANCE STUDIO	<b>SILVER SNEAKERS* CLASSIC</b> 9:15-10:00 AM INSTRUCTOR BETH FITNESS STUDIO	<b>SATURDAY SAMPLER</b> 9:15-10:00 AM INSTRUCTOR ALL 1ST & 3RD SATURDAYS FITNESS STUDIO
<b>BARRE</b> 10:15-11:00 AM INSTRUCTOR LIZ DANCE STUDIO	<b>SHRED SCULPT STRETCH</b> 10:15-11:00 AM INSTRUCTOR JILL DANCE STUDIO	<b>SENIOR FIT</b> 9:15-10:00 AM INSTRUCTOR EMILY FITNESS STUDIO	<b>FAITH, FOOD, FITNESS</b> 10:00-11:00 AM INSTRUCTOR ASHLEY M PARTY ROOM A		<b>INSANITY*</b> 9:15-10:00 AM INSTRUCTOR AMY 2ND & 4TH SATURDAYS FITNESS STUDIO
<b>SILVER SNEAKERS* CLASSIC</b> 10:15-11:00 AM INSTRUCTOR JANE FITNESS STUDIO	<b>SILVER SNEAKERS* CLASSIC</b> 10:15-11:00 AM INSTRUCTOR BETH FITNESS STUDIO	<b>BARRE</b> 10:00-10:45 AM INSTRUCTOR ASHLEY P DANCE STUDIO	<b>SILVER SNEAKERS* CLASSIC</b> 10:15-11:00 AM INSTRUCTOR VICTORIA A FITNESS STUDIO	<b>SILVER SNEAKERS* CLASSIC</b> 10:15-11:00 AM INSTRUCTOR BETH FITNESS STUDIO	
	<b>HULA CORE</b> 11:00-11:45 AM INSTRUCTOR VICTORIA A DANCE STUDIO	<b>SILVER SNEAKERS* CLASSIC</b> 10:15-11:00 AM INSTRUCTOR JANE FITNESS STUDIO	<b>SENIOR FIT</b> 11:15 AM-12:00 PM INSTRUCTOR VICTORIA A FITNESS STUDIO	<b>ZUMBA*</b> 11:15 AM-12:00 PM INSTRUCTOR PAUL FITNESS STUDIO	
<b>STRENGTH CLASS</b> 11:15 AM-12:00 PM INSTRUCTOR PAUL FITNESS STUDIO	<b>SENIOR FIT</b> 11:15 AM-12:00 PM INSTRUCTOR EMILY FITNESS STUDIO	<b>ZUMBA* GOLD</b> 11:15 AM-12:00 PM INSTRUCTOR PAUL FITNESS STUDIO			
<b>CARDIO FUSION BOOT CAMP</b> 5:00-6:00 PM VICKI ASHLEY M FITNESS STUDIO	<b>CORE AND BARRE</b> 4:00-4:45 PM INSTRUCTOR MERCEDES FITNESS STUDIO	<b>WOMEN ON WEIGHTS</b> 12:00-1:00 PM INSTRUCTOR ASHLEY M WEIGHT ROOM			
<b>PUMP 'N' PEDAL</b> 5:30-6:15 PM INSTRUCTOR KAREN CYCLING STUDIO	<b>HIIT</b> 5:00-5:45 PM INSTRUCTOR MERCEDES FITNESS STUDIO	<b>CARDIO FUSION BOOT CAMP</b> 5:00-6:00 PM VICKI TAMBER FITNESS STUDIO	<b>ON THE BALL HIIT</b> 5:00-5:45 PM INSTRUCTOR AMBER FITNESS STUDIO		
<b>ZUMBA*</b> 6:15-7:00 PM INSTRUCTOR PAUL FITNESS STUDIO	<b>YOGA</b> 6:00-7:00 PM INSTRUCTOR VAL FITNESS STUDIO	<b>PUMP 'N' PEDAL</b> 5:30-6:15 PM INSTRUCTOR KAREN CYCLING STUDIO	<b>CORE AND MORE</b> 6:00-7:00 PM INSTRUCTOR KAREN FITNESS STUDIO		
		<b>STRETCH CLASS</b> 6:00-6:45 PM INSTRUCTOR JANE FITNESS STUDIO			
		<b>ZUMBA*</b> 6:45-7:30 PM INSTRUCTOR KRISTY DANCE STUDIO			

## AQUA FITNESS CLASSES

### SILVERSNEAKERS® SPLASH

AOA Water Aerobics is now an official Silver Sneakers® class! Low-impact movements and water resistance improve your range of motion and flexibility.

### DEEP WATER AEROBICS

Guard against impact stress on your lower body joints by avoiding contact with the bottom of the pool using buoyancy belts and deep water exercise.

### AQUA TONE

Intervals of cardiovascular and strength exercises are combined with pool equipment for resistance to tone from shoulders to toes.

### AQUA ZUMBA®

A high-energy class with a variety of music and rhythms. You don't need to know how to dance or swim - if you like water, music and moving, this class is for you! Families and children are welcome!

### AQUA YOGA

This class goes through a full range of yoga poses to increase strength, flexibility and balance. Great for people with joint injuries/issues.



## OPEN SWIMMING

### KROC TOTS SPLASH ZONE

Enjoy our zero-depth entry Splash Zone without dumping buckets and water jets that can be overwhelming for small children.

### LAP SWIM AND WATER WALKING

Quiet time for self-head aqua fitness. Lap swimmers and those walking the lazy river have priority, but the pool is also open to other swimmers.

### SWIM LESSONS

While our swim lessons take place in the lap pool, water features like the slide and dumping bucket are off, but members and guests can still enjoy playtime in the lazy river and splash zone.

### OPEN SWIM WITH SLIDES

During this time all of our water features - including the slide and dumping bucket - are turned on. Enjoy full use of all pools and swim areas.

## MORE ACTIVITIES ON TUESDAY & THURSDAY EVENINGS!

▶ WE'VE ADDED CLASSES ◀

▶ MORE KROC TOTS PLAYTIME ◀

▶ EVENING LAP SWIM  
AND WATER WALKING ◀

**Pssst!**

IF YOU WANT TO VISIT WHEN OUR SLIDES AND SPLASH ZONE ARE IN FULL EFFECT, LOOK FOR THE GREEN "OPEN SWIM" TIMES IN OUR AQUATICS SCHEDULE.

# AQUATICS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**LAP SWIM & WATER WALKING**  
5:30-7:50 AM  
LAP POOL & LAZY RIVER

**AQUA ZUMBA®**  
6:30-7:15 AM  
SLIDE PIT

**LAP SWIM & WATER WALKING**  
5:30-7:50 AM  
LAP POOL & LAZY RIVER

**AQUA YOGA**  
6:30-7:15 AM  
SLIDE PIT

**LAP SWIM & WATER WALKING**  
5:30-7:50 AM  
LAP POOL & LAZY RIVER

**AQUA ZUMBA®**  
6:30-7:15 AM  
SLIDE PIT

**LAP SWIM & WATER WALKING**  
5:30-7:50 AM  
LAP POOL & LAZY RIVER

**LAP SWIM & WATER WALKING**  
5:30-7:50 AM  
LAP POOL & LAZY RIVER

**AQUA YOGA**  
6:30-7:15 AM  
SLIDE PIT

**LAP SWIM & WATER WALKING**  
6:00-8:50 AM  
LAP POOL & LAZY RIVER

**SILVER-SNEAKERS® SPLASH**  
8:00-9:00 AM  
LAP POOL

**AQUA YOGA**  
8:15 AM-9:00 AM  
LAP POOL

**SILVER-SNEAKERS® SPLASH**  
8:00-9:00 AM  
LAP POOL

**AQUA YOGA**  
8:15 AM-9:00 AM  
LAP POOL

**SILVER-SNEAKERS® SPLASH**  
8:00-9:00 AM  
LAP POOL

CLOSED

**DEEP WATER AEROBICS**  
9:15-10:15 AM  
LAP POOL

**DEEP WATER AEROBICS**  
9:15-10:15 AM  
LAP POOL

**DEEP WATER AEROBICS**  
9:15-10:15 AM  
LAP POOL

**AQUA ZUMBA®**  
9:15-10:00 AM  
LAP POOL

**DEEP WATER AEROBICS**  
9:15-10:15 AM  
LAP POOL

**SWIM LESSONS**  
9:00-11:45 AM  
LAP POOL

**SILVER-SNEAKERS® SPLASH**  
10:30-11:15 AM  
LAP POOL

**SILVER-SNEAKERS® SPLASH**  
10:30-11:15 AM  
LAP POOL

**KROC TOTS SPLASH ZONE**  
9:00-11:00 AM  
SPLASH ZONE

**KROC TOTS SPLASH ZONE**  
9:00-11:00 AM  
SPLASH ZONE

**KROC TOTS SPLASH ZONE**  
9:00-11:00 AM  
SPLASH ZONE

**KROC TOTS SPLASH ZONE**  
9:00-11:00 AM  
SPLASH ZONE

**KROC TOTS SPLASH ZONE**  
9:00-11:00 AM  
SPLASH ZONE

**LAP SWIM & WATER WALKING**  
10:15 AM-4:00 PM  
LAP POOL & LAZY RIVER

**LAP SWIM & WATER WALKING**  
10:15 AM-4:00 PM  
LAP POOL & LAZY RIVER

**LAP SWIM & WATER WALKING**  
10:15 AM-4:00 PM  
LAP POOL & LAZY RIVER

**LAP SWIM & WATER WALKING**  
10:00 AM-4:00 PM  
LAP POOL & LAZY RIVER

**LAP SWIM & WATER WALKING**  
10:15 AM-4:00 PM  
LAP POOL & LAZY RIVER

**LAP SWIM & WATER WALKING**  
11:45 AM-1:00 PM  
ALL AREAS

**OPEN SWIM**  
12:00-4:00 PM  
ALL AREAS

**SWIM LESSONS**  
4:00 PM-6:30 PM  
LAP POOL

**SWIM LESSONS**  
4:00 PM-6:30 PM  
LAP POOL

**KROC TOTS SPLASH ZONE**  
4:00 PM-8:30 PM  
LAP POOL

**SWIM LESSONS**  
4:00 PM-6:30 PM  
LAP POOL

**SWIM LESSONS**  
4:00 PM-6:30 PM  
LAP POOL

**KROC TOTS SPLASH ZONE**  
4:00 PM-8:30 PM  
LAP POOL

**AQUA TONE**  
5:30-6:15 PM  
LAZY RIVER

**AQUA TONE**  
5:30-6:15 PM  
LAZY RIVER

**OPEN SWIM**  
1:00-6:30 PM  
ALL AREAS

**OPEN SWIM**  
4:00-8:30 PM  
ALL AREAS

**OPEN SWIM**  
6:30-8:30 PM  
ALL AREAS

**LAP SWIM & WATER WALKING**  
6:30-8:30 PM  
ALL AREAS

**AQUA YOGA**  
6:30-7:15 PM  
SLIDE PIT

**AQUA ZUMBA®**  
7:15-8:00 PM  
SLIDE PIT

**OPEN SWIM**  
6:30-8:30 PM  
ALL AREAS

**LAP SWIM & WATER WALKING**  
6:30-8:30 PM  
ALL AREAS

**AQUA YOGA**  
6:30-7:15 PM  
SLIDE PIT

**AQUA ZUMBA®**  
7:15-8:00 PM  
SLIDE PIT

**KAYAKERS**  
7:00-8:30 PM  
ONE LANE OPEN

CLOSED

# NEW!

# KROC KIDS CLASSES

KROC KIDS CLASSES ARE FUN OPPORTUNITIES FOR KIDS TO GET AND STAY FIT WITH FRIENDS. FOR DETAILS ON THESE ROSTER CLASSES, PICK UP OUR CURRENT REGISTRATION GUIDE.

## KROC KIDS: SPEED, STRENGTH, AGILITY

Designed to help kids get or stay in shape for their favorite sport, this class will use drills, stations and fun games to get kids moving.

## KROC KIDS: TUMBLING

Introduction to tumbling. We focus on basics like rolls, handstands, cartwheels, round-offs and back handspring technique.



## BUT WAIT, THERE'S MORE!

This is just a preview of our Kroc Kids classes designed to introduce kids to fitness and keep them active. Check out the Registration Guide for our full roster of Kroc Kids classes.

# GYM & SPORTS

DAY	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B
MON	18+ OPEN GYM 8:00 AM-12:00 PM	BASKETBALL 12:00-1:00 PM	OPEN GYM 100-5:30 PM	BASKETBALL OPEN PLAY 5:30-7:30 PM	OPEN GYM 7:30-8:45 PM			
	PICKLEBALL SUPER SENIOR 62+ 9:00-10:30 AM	PICKLEBALL OPEN PLAY, ALL LEVELS 12:00-3:00 PM	KYC 3:00-5:00 PM	HAPPY HOOPS 5:00-5:45 PM	HOOPS 1 6:00-6:45 PM	HOOPS 2 7:00-7:45 PM	OPEN GYM 7:45-8:45 PM	
TUES	18+ OPEN GYM 8:00 AM-12:00 PM	BASKETBALL 12:00-1:00 PM	OPEN GYM 100-8:45 PM					
	PICKLEBALL OPEN PLAY, ALL LEVELS 9:00 AM-12:00 PM	PICKLEBALL SUPER SENIOR 62+ 12:00-3:00 PM	KYC 3:00-5:00 PM	FUTSAL 5:00-5:45 PM	FIT FOUNDATIONS 6:00-6:45 PM	SOCCER OPEN PLAY 7:00-8:45 PM		
WED	18+ OPEN GYM 8:00 AM-12:00 PM	BASKETBALL 12:00-1:00 PM	OPEN GYM 100-5:30 PM	BASKETBALL OPEN PLAY 5:30-7:30 PM	OPEN GYM 7:30-8:45 PM			
	BADMINTON OPEN PLAY 9:00-11:00 AM	PICKLEBALL WOMEN'S INT/ADV 11:00 AM-12:00 PM	PICKLEBALL OPEN PLAY, ALL LEVELS 12:00-3:00 PM	KYC 3:00-5:30 PM	PICKLEBALL OPEN PLAY, ALL LEVELS 6:00-8:45 PM			
THUR	18+ OPEN GYM 8:00 AM-12:00 PM	BASKETBALL 12:00-1:00 PM	OPEN GYM 100-8:45 PM	POWER GYM 2:00-3:00 PM	OPEN GYM 3:00-8:45 PM			
	PICKLEBALL MENS ADVANCED PLAY 9:00 AM-12:00 PM	PICKLEBALL SELF-DIRECTED DRILLS, NO PLAY 12:00-3:00 PM	KYC 3:00-5:00 PM	KROC KIDS AGILITY 5:00-5:45 PM	KROC KIDS CHOICE 6:00-6:45 PM	SOCCER OPEN PLAY 7:00-8:45 PM		
FRI	18+ OPEN GYM 8:00 AM-12:00 PM	VOLLEYBALL 12:00-1:00 PM	OPEN GYM 100-5:30 PM	BASKETBALL OPEN PLAY 5:30-8:45 PM				
	BADMINTON OPEN PLAY 9:00-12:00 AM	PICKLEBALL INTERMEDIATE/ADVANCED PLAY 12:00-3:00 PM	KYC 3:00-5:30 PM	OPEN GYM 5:30-8:45 PM				
SAT	OPEN GYM 8:00 AM-5:00 PM			BASKETBALL OPEN PLAY FULL COURT 5:30-8:45 PM				
	PICKLEBALL OPEN PLAY, ALL LEVELS 6:30-9:00 AM	OPEN GYM 9:00 AM-1:00 PM	VOLLEYBALL OPEN PLAY 1:00-5:30 PM					
SUN	PICKLEBALL OPEN PLAY, ALL LEVELS 8:00 AM-12:00 PM		OPEN GYM 12:00-4:15 PM					
							CLOSED	

**CUPID'S ARROW** *COUPLE'S ARCHERY*  
 Enjoy an archery lesson & sweetheart snacks with your date!

*TUESDAY, FEBRUARY 13 6:00-7:30 PM*

Members: \$10/couple | Public: \$20/couple

Conversation, refreshments and an introduction to archery.

Limited spots available. Register at Membership Services.

# SENIOR LIFE CALENDAR

## January

- 3rd (Wed.):** January Birthday Potluck, Walnut Room, 9:00-11:00 am
- 5th (Fri.):** Ballroom Dance Workshop, Ballroom Basics, 10:30 am-12:00 pm
- 11th (Thurs.):** Lambeau Field Tour 9:00am - **\$30.00 (includes tailgate lunch)**
- 12th (Fri.):** Ballroom Dance Workshop, Waltz, 10:30 am-12:00 pm
- 19th (Fri.):** Ballroom Dance Workshop, Fox Trot, 10:30 am-12:00 pm
- 23rd (Tues.):** Cards, 9:00-11:00 am
- 24th (Wed.):** Super Senior Day, 10:00 am - **5.00 (includes lunch)**
- 25th (Thurs.):** Mystery Trip, 9:00 am - **\$ 20.00\***
- 26th (Fri.):** Ballroom Dance Workshop, Latin, 10:30 am-12:00 pm

## February

- 2nd (Fri):** Smart Phone Class, 10:00-11:30 am
- 6th (Tues.):** Yarn Work, 9:00-10:30 am
- 7th (Wed.):** February Birthday Potluck, Walnut Room, 9:00-11:00 am
- 8th (Thurs.):** Bellin Advanced Care Planning, Birch Room, 10:00 am and 4:00 pm
- 9th (Fri):** Smart Phone Class, 10:00-11:30 am
- 13th (Tues.):** Coffee and Canvas, 9:00 am-12:00 pm - **\$20.00**
- 16th (Fri):** Smart Phone Class, 10:00-11:30 am
- 20th (Tues.):** Yarn Work, 9:00-10:30 am
- 23rd (Fri):** Smart Phone Class, 10:00-11:30 am
- 27th (Tues.):** Cards, 9:00-11:00 am
- 28th (Wed.):** Super Senior Day, 10:00 am - **5.00 (includes lunch)**

## March

- 2nd (Fri):** Smart Phone Class, 10:00-11:30 am
- 6th (Tues.):** Yarn Work, 9:00-10:30 am
- 7th (Wed.):** March Birthday Potluck, Walnut Room, 9:00-11:00 am
- 9th (Fri):** Smart Phone Class, 10:00-11:30 am
- 13th (Tues.):** Coffee and Canvas, 9:00 am-12:00 pm - **\$20.00**
- 16th (Fri):** Smart Phone Class, 10:00-11:30 am
- 20th (Tues.):** Yarn Work, 9:00-10:30 am
- 23rd (Fri):** Smart Phone Class, 10:00-11:30 am
- 27th (Tues.):** Cards, 9:00-11:00 am
- 28th (Wed.):** Super Senior Day, 10:00 am - **5.00 (includes lunch)**

\*Coach Bus | All Ballroom Dance Workshops are free and exclusively for members.