

Portsmouth Multi-Purpose Senior Center—February 2020 Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:00 AM..... NOBILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....BRIDGE 1:15 PM.....ADULT COLORING 1:15 PM.....SCRABBLE	9:00 AM..... NOArt Class 9:00 AM..... NOBILLIARDS 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA 1:15 PM.....CRIBBAGE <i>Senior Health Insurance</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM..... NOBILLIARDS 10:00 AM.....WALKING CLUB 10:15 AM.....TAI CHI 1:00 PM..... NO ...COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH <i>Senior Health Ins Program</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM..... NOBILLIARDS 9:30 AM.....CHORUS 10:00 AM.....MAH JONGG <div style="border: 1px solid black; padding: 2px; text-align: center;"> AARP TAX ASSISTANCE 10-1 NO APPOINTMENT NECESSARY </div> <i>Senior Health Ins Program</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM..... NOBILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD <div style="border: 1px solid black; padding: 2px; text-align: center;"> AARP TAX ASSISTANCE 10-1 NO APPOINTMENT NECESSARY </div>
10	11	12	13	14
9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....BRIDGE 1:15 PM.....ADULT COLORING 1:15 PM.....SCRABBLE	9:00 AM.....Art Class 9:00 AM.....BILLIARDS 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA 1:15 PM.....CRIBBAGE <i>Senior Health Insurance</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM.....BILLIARDS 10:00 AM.....WALKING CLUB 10:15 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH <i>Senior Health Ins Program</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM.....MAH JONGG <div style="border: 1px solid black; padding: 2px; text-align: center;"> AARP TAX ASSISTANCE 10-1 NO APPOINTMENT NECESSARY </div> <i>Senior Health Ins Program</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM.....BILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD <div style="border: 1px solid black; padding: 2px; text-align: center;"> AARP TAX ASSISTANCE 10-1 NO APPOINTMENT NECESSARY </div>
 PRESIDENTS DAY	17	18	20	21
<div style="border: 1px solid black; padding: 5px; writing-mode: vertical-rl; transform: rotate(180deg);"> CENTER CLOSED </div>	9:00 AM.....Art Class 9:00 AM.....BILLIARDS 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA 1:15 PM.....CRIBBAGE <i>Senior Health Insurance</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM.....BILLIARDS 10:00 AM.....WALKING CLUB 10:15 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH <i>Senior Health Ins Program</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM.....MAH JONGG 1:15 PM.....BOARD MEETING <div style="border: 1px solid black; padding: 2px; text-align: center;"> AARP TAX ASSISTANCE 10-1 NO APPOINTMENT NECESSARY </div> <i>Senior Health Ins Program</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM.....BILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD <div style="border: 1px solid black; padding: 2px; text-align: center;"> AARP TAX ASSISTANCE 10-1 NO APPOINTMENT NECESSARY </div>
24	25	26	27	28
9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....BRIDGE 1:15 PM.....ADULT COLORING 1:15 PM.....SCRABBLE	9:00 AM.....Art Class 9:00 AM.....BILLIARDS 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA 1:15 PM.....CRIBBAGE <i>Senior Health Insurance</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM.....BILLIARDS 10:00 AM.....WALKING CLUB 10:15 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH <u>VNS-Blood Pressure—11AM-12PM</u> <i>Senior Health Ins Program</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM.....BILLIARDS 9:30 AM..... NOCHORUS 10:00 AM.....MAH JONGG <div style="border: 1px solid black; padding: 2px; text-align: center;"> AARP TAX ASSISTANCE 10-1 NO APPOINTMENT NECESSARY </div> <i>Senior Health Ins Program</i> <u>CALL FOR APPT: 293-0114 (O); 644-3317 (C)</u>	9:00 AM.....BILLIARDS 9:00 AM..... NOCARDIO EXERCISE 10:15 AM..... NOZUMBA GOLD <div style="border: 1px solid black; padding: 2px; text-align: center;"> AARP TAX ASSISTANCE 10-1 NO APPOINTMENT NECESSARY </div>

