

# February 2010

## Neptune Beach Senior Activity Center

2004 Forest Avenue - Neptune Beach, Florida 32266 - 904-270-1688

Website [www.ci.neptune-beach.fl.us](http://www.ci.neptune-beach.fl.us)

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| <b>MONDAY</b>    | 10AM-NOON<br>11AM-NOON<br>10AM-4PM<br>12:30PM-3:30PM<br>5:30PM-6:30PM<br>7PM-8:30PM  | IMPROVE YOUR BRIDGE<br>SENIOR TAP<br>OPEN PLAY CARDS<br>DUPLICATE BRIDGE GAME<br>AEROBICS<br>GENTLE YOGA   |
| <b>TUESDAY</b>   | 9AM-4PM<br>10AM-NOON<br>10AM-11AM<br>11AM-NOON<br>12:30PM-1:15PM<br>1PM-4PM<br>1PM-3PM<br>1PM-2PM<br>2:30PM-4:30PM<br>7PM-10PM               | OPEN PLAY CARDS<br>ART/PAINTING (2/9 & 2/23)<br>QIGONG TAI CHI<br>FITNESS FOR SENIORS<br>SILVER SNEAKERS<br>BEADING/JEWELRY MAKING<br>BILLARDS<br>PASSAGES-GRIEF SUPPORT GROUP<br>BEGINNING COMPUTER (2/2)<br>DUPLICATE BRIDGE                             |
| <b>WEDNESDAY</b> | 9AM-NOON<br>10AM-11AM<br>11:15AM-NOON<br>1PM-4PM<br>2PM-4PM<br>2#0PM-4:30PM<br>5:30PM-6:30PM<br>6:30PM-7:15PM<br>7:30PM-9PM<br>6:30PM-8:30PM | MAHJONG<br>GENTLE YOGA<br>SILVER SNEAKERS<br>OPEN PLAY CARDS<br>RUBBER STAMPING & CARD MAKING (2/10)<br>BEGINNING COMPUTER (2/3)<br>AEROBICS<br>BEGINNING/INTERMEDIATE TAP<br>SASSY TAPPERS<br>PILLOW PALS   |
| <b>THURSDAY</b>  | 9AM-10:30AM<br>9AM-4PM<br>10AM-11AM<br>10AM-11:30AM<br>10AM-11:30AM<br>11AM-NOON<br>12:30PM-1:15PM<br>1:30PM-4PM<br>3:30PM-5PM<br>7PM-10PM   | TOPS-TAKING OFF POUNDS SENSIBLY<br>OPEN PLAY CARDS<br>QIGONG TAI CHI<br>BLOOD PRESSURE /GLUCOSE SCREENING (2/4)<br>DIABETIC SERVICES-CARE OF FEET<br>FITNESS FOR SENIORS<br>SILVER SNEAKERS<br>MATINEE MOVIE<br>UKULELE ENSEMBLE<br>COASTAL QUILTERS (2/4) |
| <b>FRIDAY</b>    | 9AM-3PM<br>10AM-3PM<br>10:30-11:15AM<br><br>NOON - 4PM   | QUILTING<br>OPEN PLAY CARDS<br>SILVER SNEAKERS<br><br>AARP TAX AID-Free Tax Filing   |
| <b>SATURDAY</b>  | 8:30AM-4PM<br>9AM-2PM<br>3PM-7PM   | BEACH BUMS (2/20)<br>COASTAL QUILTERS CLASS<br>PING PONG<br>Special Things for You!  |

### THURSDAY MOVIE MATINEE MADNESS AT 1:30PM

*Feb 4 "Love Finds a Home;" Feb 11 NO MOVIE-Valentines Tea;  
Feb 18 "The Time Travelers Wife;" Feb 25 "Loves Unfolding Dream"*

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**Feb 4 10am Diabetic Discussion on Foot Care/Special Attention, Glucose Screening,  
APEX Blood Pressure Screening  
MEDICARE COMPLETE - FEB 9  
VALENTINES TEA - FEB 11**

**OPEN PRESIDENTS DAY, MONDAY, FEB 15**

**Feb 17 9AM-5:30PM Lifeline Screening-Registration Required**

**FEB 24 HERITAGE CROSSING & FINANCIAL INFORMATION FOR YOU! 1PM SEMINAR**