



February

Winter Park Contact Information:
Website: www.Cityofwinterpark.org
Main Line: 407-599-3275
Program Coordinator: 407-599-3387

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Zumba 9:30 Bingo 10:30-12 Ballroom Dancing 1:30pm	2 Rise and Shine Walk & Talk 8:30-9am Gentle Yoga 9:30-10:15 Drums w/Victoria 10:30-11:30 Wal-Mart Leave @ 10:30	3 Crealde Arts and Crafts 10am Sit 2 Be Fit 9:30-10:30 Intermediate BRIDGE 11am-1pm	4 Line Dancing 10am
5 Line Dancing Beginner 3pm	6 Aerobic Jams 9:30-10:30 Ballroom Dancing 1:30pm Dollar Tree/ Meat Market Leave @ 10:30	7 Tai Chi 9am Walking to the Oldies 9:30-10:30 Liz Kitchen's Arts & Crafts 10-12	8 Zumba 9:30 Bingo @ 10:30 CarePlus HEALTH PLANS, INC. Ballroom Dancing 1:30pm	9 Rise and Shine Walk & Talk 8:30-9am Gentle Yoga 9:30-10:15 Drums w/Victoria 10:30-11:30	10 Crealde Arts and Crafts 10am Sit 2 Be Fit 9:30-10:30 Intermediate BRIDGE 11am-1pm	11 Line Dancing 10am
12 Line Dancing Beginner 3pm	13 Aerobic Jams 9:30-10:30 Ballroom Dancing 1:30pm	14 ♥ Sweetheart ♥ Luncheon & Bingo @ 10am Tai Chi 9am	15 Breakfast Day 🥞 Zumba 9:30 Victoria's Art & Music for relaxation @ 10:30 Ballroom Dancing 1:30pm	16 Rise and Shine Walk & Talk 8:30-9am Gentle Yoga 9:30-10:15 Drums w/Victoria 10:30-11:30 Movie Day @ 10:30am 	17 Crealde Arts and Crafts 10am Sit 2 Be Fit 9:30-10:30 Intermediate BRIDGE 11am-1pm	18 Line Dancing 10am
19 Line Dancing Beginner 3pm	20 Aerobic Jams 9:30-10:30 VITAS Arts & Craft 10:30-11:30 Ballroom Dancing 1:30pm	21 Tai Chi 9am Walking to the Oldies 9:30-10:30 UF Nutrition Seminar 10:30-11:30 Food Safety	22 Zumba 9:30 Bingo @ 10:30 HomeBanc NA Ballroom Dancing 1:30pm	23 Rise and Shine Walk & Talk 8:30-9am Gentle Yoga 9:30-10:15 Drums w/Victoria 10:30-11:30	24 Crealde Arts and Crafts 10am Sit 2 Be Fit 9:30-10:30 Intermediate BRIDGE 11am-1pm	25 Line Dancing 10am
26 Line Dancing Beginner 3pm	27 Aerobic Jams 9:30-10:30 Ballroom Dancing 1:30pm	28 Tai Chi 9am Walking to the Oldies 9:30-10:30 VITAS Book Chat 10:30-12	*Coffee, Tea and a Light Snack will be served every week day from 9am-11:30pm*			



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Senior Calendar