

Meals served at 11:30 am

**February 2010**

Semcac Dining 664-3735

Mon	Tue	Wed	Thu	Fri	Sat
<u>Meatloaf</u> 1 9:30 NATC Fun w/ computer games 1:00 Movie 1p- Travel Com.	<u>Pork Steak</u> 2 9:30- NATC Intro to Word Processing II 10a Blood Pressure Ch 12:30-Foot Care 1pm Adv. Committee	<u>Chicken Chowmein</u> 3 1:30 NATC Committee 6:30 Fitness Orientation 7:30 Writing is Murder	<u>Roast Pork</u> 4 9:30- NATC Intro to Word Processing II 6-8p NATC Bridging the Digital Divide	<u>Tator Tot Hotdish</u> 5 9:30-Medicare Consults	6 10a Fitness Orient.
<u>Cntry Style Ribs</u> 8 8:30-Retired Teachers 9:30 NATC Int Quicken 11:15 Read w/ 4th Gr. 1:00 Movie 1-5P AARP Driver Safety Class	<u>BBQ Meatballs</u> 9 9:30 NATC Intro to Interinternet & e-mail 10:45 Fitness Orient. 10-12 Woodcarvers 11:30 Waist Managemt. Begins 12:30-Foot Care	<u>Chicken Squares</u> 10 9-5p Trip 6p Fitness Orientation 6-8p Bridge Lessons	<u>Beef Roast</u> 11 9:30-NATC Intro to internet & e-mail 6-8p NATC Bridging the Digital Divide	<u>Pork Steak</u> 12 9-noon Joy of Quilting 9:30-1p CPR & Dfib. 11 Elsie Forsythe/ Accordion 10:30-12 Book Club 1:30 Pool Orientation	13
<u>Chicken Breast</u> 15 9:30-NATC Interm. Quicken 11 Nordic Folk songs 1:00 Movie 1:30-Greeting Card Group.	<u>Roast Turkey</u> 16 9:30- NATC Interm. internet & e-mail 10a Grandma's Touch 11:30 Waist Mgmt 6:30 Fitness Orient.	<u>Kielbasa/Fish Pattie</u> 17 10-11:30 Rodgers & Hammerstein 1:30 NATC Committee 6-8p Bridge Lessons 6:30 Fitness Orientation	<u>Swiss Steak</u> 18 9:30-9:30-NATC Intermediate internet & e-mail 9:30-11:30 Finance Mtg. 12-1 Kari Berit, Brain Health 6-8p NATC Bridging the Digital Divide	<u>Salmon Loaf</u> 19 9:30 Tech Time 9:30-Medicare Consults 9:30 Fitness Orient,	20 10a Fitness Orientation.
<u>Enchilada Cass.</u> 22 12p Pool Orient. 1:00 Movie	<u>Veg. Soup</u> 23 10-12 Woodcarvers	<u>Roast Pork</u> 24 10-11:30 Rodgers & H. 2:00 Fiber Weaving Class Begins 6p-Fitness Orientation 6-8p Bridge Lessons	<u>Baked Fish/Pork</u> 25 (Lindsay Thomas - Diabetic Nutrition) 3pm- Board Meeting 12-1 Kari Berit, Brain Health 6-8p NATC Bridging the Digital Divide	<u>Ham/Sc Potatoes</u> 26 9-noon Joy of Quilting 9:30 Fitness Orient.	27
<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>SEMCAC SENIOR DINING</b>            Mon-Fri Meals served at 11:30            Call 664-3735            By noon of the preceding day for a reservation</p> </div>					

# On-going Weekly Activities

Mon	Tue	Wed	Thu	Fri	Sat
<p><b><u>POOL ACTIVITIES</u></b>                      6-7a <b>Open Swim</b>                      7-7:45a Aqua Sunrisers                      8:15-9a Aqua Ageless                      9:15-10 Aqua Fit 'n' Tone                      10a-7:45p <b>Open Swim</b></p> <p><b><u>FITNESS CLASSES</u></b>                      8:30-9:15a Tai Chi                      9:30-10:15 Body Wakeup                      10:30-11:30a SilverSneakers MSROM                      5:15-6p NIA                      6:15-7:15p Classical Yoga                       6a-8p <b>Fitness Rm Open</b></p> <p><b><u>GROUP ACTIVITIES</u></b>                      9:30a Bike Club Walks Meet offsite                      1pm Popcorn &amp; A Movie</p>	<p><b><u>POOL ACTIVITIES</u></b>                      6-7a <b>Open Swim</b>                      7-8a Early Bird Aqua                      8a-5:30p <b>Open Swim</b>                      5:30-6:30 Evening Aqua                      6:30-7:45 <b>Open Swim</b></p> <p><b><u>FITNESS CLASSES</u></b>                      8:30-9:15a Core &amp; More                      9:30-10:30a Circuit Tr.                      10:30-11:30 Gentle Yoga                      6:30-7:30p Mindful Yoga                      6-6:45 Strength Circuit                      6-9:30a <b>Fitn. Rm</b>  <b>Open 10:30a-6p Fitness Rm</b>                       Open                      6:45-8P <b>Fitn Rm Open</b></p> <p><b><u>GROUP ACTIVITIES</u></b>                      12:30-3p Euchre                      1:15-3:15 Int/Adv. Open Ping Pong                      1-3p Hook, Yarn &amp; needle                      1-4p Duplicate Bridge</p>	<p><b><u>POOL ACTIVITIES</u></b>                      6-7a <b>Open Swim</b>                      7-7:45a Aqua Sunrisers                      8:15-9a Aqua Ageless                      9:15-10a Aqua Fit 'n' Tone                      10a-7:45p <b>OPEN SWIM</b>  <b>Pool Closed for Cleaning Second Wed. 1pm</b></p> <p><b><u>FITNESS CLASSES</u></b>                      8:30-9:15a Tai Chi                      9:30-10:15 Country Line                      10:30-11:30a SilverSneakers MSROM                      12:00-1:15p Slo Flo Hatha Yoga                      6-6:45- Zumba Gold                      6a-8p <b>Fitness Rm Open</b></p> <p><b><u>SERVICES</u></b>                      8-11:30 Massage Therapy</p> <p><b><u>GROUP ACTIVITIES</u></b>                      1-4p Social Bridge                      3-5p Open Ping Pong All Levels  <b><u>COMPUTER LAB</u></b>                      9:30-11:30 Open Lab Time</p>	<p><b><u>POOL ACTIVITIES</u></b>                      6-7a <b>Open Swim</b>                      7-8a Early Bird Aqua                      8a-5:30p <b>Open Swim</b>  <b>1-4 HOT TUB CLOSED</b>                      5:30-6:30p Evening Aqua                      7-7:45p Water Volleyball</p> <p><b><u>FITNESS CLASSES</u></b>                      8:05-8:50a Core &amp; Strength                      9:30-10:30 Circuit Training                      10:30-11:30 Gentle Yoga                      12 - 1 QiGong                      1:15-2 Pilates                      6-6:45 Strength Circuit                      6-9:30a <b>Fitn Rm Open</b>                      10:30a-6p <b>Fitness Rm Open</b>                      6:45-8P <b>Fitn Rm Open</b></p> <p><b><u>GROUP ACTIVITIES</u></b>                      12:45-2:15 Chime Choir                      1:00-3p Open Ping Pong All Levels                      7-10p Duplicate Bridge</p>	<p><b><u>POOL ACTIVITIES</u></b>                      6-7a <b>Open Swim</b>                      7-7:45a Aqua Sunrisers                      8:15-9a Aqua Ageless                      9:15-10a Aqua Fit 'n' Tone                      10a-3:15p <b>Open Swim</b>                      3:15-5p Grandparent Swim                      5-7:45p <b>Open Swim</b></p> <p><b><u>FITNESS CLASSES</u></b>                      7-8am Morning Yoga                      10:30-11:30 Silver-Sneakers MSROM                       6a-8p <b>Fitness Rm Open</b></p> <p><b><u>GROUP ACTIVITIES</u></b>                      12:30-3p "500" cards                      6:30-8:30p Card and Game Night</p>	<p><b><u>POOL</u></b>                      6a-10:15 <b>Open Swim</b>                      10:15 -11a Aqua Fitness Fusion                      11:00-2p <b>Open Swim</b>                       2:00-3:45 <b>Family Swim Time</b></p> <p><b><u>FITNESS CLASSES</u></b>                      8:15-9 Pilates Core Fusion                      9:15-10 Zumba                       6a-4p <b>Fitness Rm Open</b></p> <p><b><u>GROUP ACTIV.</u></b>                      10-12p Adv. Open Ping Pong</p>