







February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Trussville Senior Activity Center 504 Cherokee Drive, Trussville (205)661-1714						1
2	3 9:00 Crazy Group 9:30 Line Dance 10:30 BIPress Checks 11:00 Exercise Class 1:00 Bridge Group	4 9:00 Thai Chi 9:30 HunterRidge 10:00 Yoga 10:00 Hand &Foot 11:15 Exercise 2:00 SqDance Club	5 9:00 Exercise—Higher 9:15 Crazy Pennies 10:00 Exercise—Lower 10:45 Balance with Jay 11:15 Line Dance—Jackie 1:00 Bridge Group	6 9:00 Line Dance 10:00 Exercise—Lower 10:00 Bridge Group 11:00 Exercise—Higher	7 Games 9:00 Stretch & Flex 1:00 Pool Tournamen—Singles 	8
9	10 9:00 Crazy Group 9:30 Line Dance 10:30 BIPress Checks 11:00 Exercise Class 1:00 Bridge Group	11 9:00 Thai Chi 9:30 HunterRidge 10:00 Yoga 10:00 Hand &Foot 11:15 Exercise 2:00 SqDance Club	12 9:00 Exercise—Higher 9:15 Crazy Pennies 10:00 Exercise—Lower 10:45 Balance with Jay 11:15 Line Dance—Jackie 1:00 Bridge Group	13 9:00 Line Dance 10:00 Exercise—Lower 10:00 Bridge Group 11:00 Exercise—Higher 12:30 Parkinson Group	14 Birthday and Bingo 	15
16	17 9:00 Crazy Group 9:30 Line Dance 10:30 BIPress Checks 11:00 Exercise Class 1:00 Bridge Group	18 9:00 Thai Chi 9:30 HunterRidge 10:00 Yoga 10:00 Hand &Foot 11:00 11:15 Exercise 2:00 SqDance Club	19 9:00 Exercise—Higher 9:15 Crazy Pennies 10:00 Exercise—Lower 10:45 Balance with Jay 11:15 Line Dance—Jackie 1:00 Bridge Group	20 9:00 Line Dance 10:00 Exercise—Lower 10:00 Bridge Group 11:00 Exercise—Higher	21 Games 9:00 Stretch & Flex 1:00 Pool Tournament—Doubles 	22
23	24 9:00 Crazy Group 9:30 Line Dance—Jackie 10:30 BIPress Checks 11:00 Exercise Class 1:00 Bridge Group	25 9:00 Thai Chi 9:30 HunterRidge 10:00 Yoga 10:00 Hand &Foot 11:15 Exercise 2:00 SqDance Club	26 9:00 Exercise—Higher 9:15 Crazy Pennies 10:00 Exercise—Lower 10:45 Balance with Jay 11:15 Line Dance—Jackie 1:00 Bridge Group	27 9:00 Line Dance 10:00 Exercise—Lower 10:00 Bridge Group 11:00 Exercise—Higher	28 Mardi Gras Party 	29