



Sanford Senior Center
401 E. Seminole Blvd
P O Box 1788
Sanford, FL 32772-1788
407.688.5129-Office 407.688.5124-Fax

February 2010

Adult Craft Group.....Monday 9AM
 Billiards-Pool Tables.....Mon-Fri 8AM-4:30PM
 Bingo.....Every Friday 1:30PM
 Bridge(Open).....Monday 10:45AM
 Cable TV To Enjoy.....Mon-Fri 8AM-4:30PM
 Coastliners.....1st Wed 10AM
 Computer Usage.....Mon-Fri 8:00AM-4:30PM
 H2U.....3rd Thurs 11AM
 Library.....Mon-Fri 8:00AM-4:30PM
 Mah Jongg.....Friday 10AM
 Movies.....Every Tuesday 1PM
 Over 50 Club.....2nd & 4th Tues 10:30AM
 Pinochle.....Monday 11AM
 REVERSE Mortgage2nd Thursday 11AM
 Scrabble.....Tuesday 1PM
 Sanford Sr Citizens.....1st & 3rd Tues 11AM
 Tap Classes.....Wednesday 10AM-NOON
 S.H.I.N.E.....1st Thursday 1PM
 T.O.P.S.....Tuesday 5:45PM

AARP TAX HELP FOR SENIORS

FREE Tax Help And Information
 February 1st thru April 14, 2010
 9AM-1PM - Senior Center

Big Band Dance

Every Wednesday 2PM-4PM \$4.00
 Includes Refreshments! Enjoy The Music & Fun!

Bingo

1:30PM Every Friday of the Month!
 Cards .25 cents each. Cash Prizes!

Jewelry Making With Dot

(BREAK/NO CLASS-JAN, FEB & MARCH)

Movies (1PM)

February 2nd-"500 Days Of Summer"
 February 9th-Pick Your Movie Day?
 February 16th-"The Jane Auston Book Club"
 February 23rd-Pick Your Movie Day?

**Health Information Seminars From
Different Insurance Companies**

February 17th-Universal Health-2PM-4PM
 February 18th-CarePlus Health-9AM-12NOON
 February 18th-United American Health-1PM-3PM
 February 24th-Humana Health-10AM-12NOON
 February 25th-Freedom Health-9AM-12NOON
 February 25th-WellCare Health-1PM-3PM

Exercise & Dance Programs

Chair Aerobics.....Mon & Thurs 1PM-2PM
 C/W Line Dancing.....Tues 5:30PM-7:30PM
 Line Dancing Lessons..Wed & Fri 10AM-NOON
 Seniorcise.....Mon, Wed & Fri 9AM-10AM
 Tap Dance.....Wednesday 10AM-11AM

Valentine's Day Luncheon-February 11, 2010

\$3.00 Doors Open At 11:30AM Eat At Noon!
 Sign Up By February 5, 2010

St Patrick's Day Luncheon-March 16, 2010

\$3.00 Doors Open At 11:30AM Eat At Noon!
 Sign Up By March 10, 2010

Longwood Healing & Spa Seminar-March 23rd

12:30PM-2:30PM - Info. On Herbal Remedies &
 Acu-Pressure-Headaches & Stress Relief
 Join The Fun And Learning Experiences!

Reverse Mortgage Seminar

11AM Feb 11th & March 11, 2010

S.H.I.N.E.

Elders Ins. Needs-Medicare Help
 1PM-3PM Feb 4th & March 4, 2010

Operating Hours

Mon, Wed, Thurs & Fri.....7:30AM-4:30PM
 Tues.....7:30AM-7:30PM

****WANTED****

Chess Players
Pinochle Players
Scrabble Players

(Contact Senior Center If Interested)



Senior Center And H2U

Feb 5th-Hoggetowne Medieval Fair-Gainesville FL
 March 11th-I Got Rhythm-Winter Park Playhouse In FL
 April 27th-Ybor City-Tampa FL

Important: Register & Pay by Due Date.

Follow up on your reservations
 (Reservation is **Not** confirmed until paid)

