



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

**March 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  
 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 - Mondays & Wednesdays Only  
 1st Come 1st Served-No Appts.—At Sanford Sr. 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)**

**TOPS-Take Off Pounds Sensibly-March 2nd**  
**FREE OPEN HOUSE** 5:45PM-7:30PM In Library  
 Guest Speaker From "Cora Rehabilitation"  
 Information Call 407-328-7065 or 407-221-2267

**Movies (1PM)**  
 March 2nd-"Time Travelers Wife"  
 March 9th-"Pick Your Movie Day?"  
 March 16th-"The Brothers Bloom"  
 March 23rd-"Pick Your Movie Day?"  
 March 30th-"Pick Your Movie Day?"

**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  
 On DVD's-Exercising...Tues & Thurs 3PM-4PM-**New**  
 Seniorcise.....Mon, Wed & Fri 9AM-10AM  
 Tap Dance.....Wednesday 10AM-11AM

**Health Information Seminars From**  
**Different Insurance Companies**  
 March 3rd-**Universal Health**-1PM-3PM  
 March 11th-**Care Plus Health**-9AM-12Noon  
 March 24th- **Humana Health**-10AM-12Noon  
 March 25th-**Freedom Health**-9AM-12Noon  
 March25th-**WellCare Health**-1PM-3PM

**St Patrick's Day Luncheon-March 16, 2010**  
 \$3.00 Doors Open At 11:30AM Eat At 12Noon!  
 Sign Up By March 10, 2010

**DayTrips**



**Senior Center And H2U**

March 11th-I Got Rhythm-Winter Park Playhouse-In FL  
 April 17th-Cocoa Village Playhouse-Cocoa FL  
 April 27th-Ybor City-Tampa FL  
 May 11th-Ringling Museum-Sarasota Bay FL  
 June 16th-Sunken Gardens & The Vinoy Hotel-St. Pete FL

**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!

**Weatherization Assistance Program-April 13th**  
 1PM Informational Meeting  
 Eligible Low-Income Families  
 Making Homes More Energy Efficient

**Important: Register & Pay by Due Date.**  
 Follow up on your reservations

**Longwood Healing & Spa Seminar-April 15th**  
 12:30PM-2:30PM - Info. on Herbal Remedies &  
 Escape From Allergies  
 Acupuncture For Pain Relief

**Operating Hours**

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

**Reverse Mortgage Seminar**  
 11AM April 8th, July 8th & October 14, 2010

**S.H.I.N.E.**  
 Elders Ins. Needs-Medicare Help  
 1PM-3PM March 4th & April 1, 2010

**\*\*WANTED\*\***  
**Chess Players Pinochle Players Scrabble Players**  
**(Contract Senior Center If Interested)**

