


<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b> 7:00 GRC Water Walking 9:00 Knitting, Woodworking, Reflexology <b>9:00 Senior Car Lovers Unite</b> 9:35 FFP Circuit Training 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 12:00 GRC Volleyball Games 12:30 Bridge Club, Bible Study 1:00 Ceramics, Pinochle, Bridge, Cribbage 1:30 Table Tennis, FFP Badminton 6:00 Open Table Tennis 6:30 Pinochle 7:00 Advanced Tai Chi Evenings 8:00 Beginner Tai Chi Evenings	<b>2</b> 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 9:15 Shape Up B 10:00 GRC Racquetball 10:30 GRC Pickleball <b>11:30 Shareholder Lunch</b> 1:00 Shuffleboard 1:00 Scrabble 1:00 Bingo 1:30 Writing your life 6:30 Rock & Mineral Society	<b>3</b> 7:00 GRC Water Walking <b>7:45 X-ski/Snowshoe Trip</b> 9:00 GRC Division Volleyball 9:00 Explorations in Creativity <b>9:30 CBS 4 News</b> 10:00 Bridge 10:30 GRC Open Gym Volleyball 11:30 GRC Pickleball Women's Day 1:00 Bridge, Wii Play 1:00 Women's Table Tennis 1:30 Table Tennis 4:30 GRC Leisure Pickleball 6:00 Open Table Tennis 7:00 Orchid Society Meeting	<b>4</b> 12:00 Billiards 12:00 Hand & Foot Cards 12:30 Bridge 1:00 GRC Pickleball
<b>5</b>  1:00 FFP Open Gym Volleyball	<b>6</b> 7:00 GRC Water Walking 8:30 Acupuncture <b>9:00 Porcelain Art</b> 9:00 FFP Volleyball Practice 9:00 Bridge Lessons 9:00 Rocks to Gems 9:00 Advanced Tai Chi <b>9:35 FFP Circuit Training starts</b> 10:00 Beginner Tai Chi 11:30 GRC Leisure/Beginner Pickleball 1:00 Pinochle 1:00 Bridge 1:00 Crafts/Needlework 1:30 Table Tennis 1:30 FFP Badminton 1:30 GRASP	<b>7</b> 8:00 GRC Water Walking 8:00 GRC Basketball/ Shape Up A 8:30 Foot Care <b>9:00 Lifetime Candles</b> 9:00 Chair or Table Massage 9:00 FFP Open Gym Volleyball 9:15 Shape Up B 10:00 GRC Racquetball 10:30 GRC Pickleball <b>11:30 FFP Softball pre-season meeting</b> <b>12:30 FFP Softball pre-season training starts</b> 1:00 Bridge /Shuffleboard 1:00 Hand & Foot Cards 6:15 8-ball Round Robin 6:30 Pitch 7:00 Square Dance	<b>8</b> 7:00 GRC Water Walking <b>8:00 AARP Driver Safety</b> 9:00 Reflexology 9:00 Knitting, Woodworking 9:35 FFP Circuit Training 11:30 Nutrition Lunch <b>11:30 Pickleball Cancelled</b> 12:00 GRC Volleyball Games 12:30 Bridge Club, Bible Study 1:00 Be Well With Diabetes 1:00 Ceramics, Pinochle, Bridge, Cribbage 1:30 Table Tennis, FFP Badminton 6:00 Open Table Tennis 7:00 Advanced Tai Chi Evenings 8:00 Beginner Tai Chi Evenings	<b>9</b> 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 9:15 Shape Up B <b>9:30 IKEA Superstore</b> <b>10:00 Book Club</b> 10:00 GRC Racquetball 10:30 GRC Pickleball 12:30 FFP Softball Practice 1:00 Shuffleboard 1:00 Scrabble 1:00 Bingo 1:30 Writing Your Life	<b>10</b> 7:00 GRC Water Walking 9:00 GRC Division Volleyball 9:00 Explorations in Creativity <b>10:00 Relaxation Class Starts</b> 10:30 GRC Open Gym Volleyball 11:30 GRC Pickleball Women's Day 1:00 Wii Play 1:30 Table Tennis 4:30 GRC Leisure Pickleball 6:00 Open Table Tennis Tourney	<b>11</b> 12:00 Billiards 12:00 Hand & Foot Cards 12:30 Bridge <b>1:00 Computer Users</b> 1:00 GRC Pickleball <b>7:00 Square Dance</b>
<b>12</b>  1:00 FFP Open Gym Volleyball	<b>13</b> 7:00 GRC Water Walking 8:00 Shape Up A 8:30 Acupuncture 9:00 Advanced Tai Chi 9:00 FFP Volleyball Practice 9:00 Bridge Lessons 9:00 Rocks to Gems 9:15 Shape Up B 9:35 FFP Circuit Training 10:00 Beginner Tai Chi 11:30 Nutrition Lunch 11:30 GRC Leisure Beginner Pickleball 1:00 Crafts/Needlework 1:00 Bridge, Pinochle 1:00 Women's Table Tennis 1:30 GRASP, Table Tennis 1:30 FFP Badminton	<b>14</b> Happy Valentine's Day!!! 8:00 GRC Water Walking 8:00 GRC Basketball/Shape Up A 9:00 Chair or Table Massage 9:00 FFP Open Gym Volleyball 9:15 Shape Up B 9:30 Golden K Kiwanis <b>10:00 Gabbie- Yard House</b> 10:00 GRC Racquetball 10:30 GRC Pickleball 12:30 FFP Soft ball Practice 1:00 Bridge 1:00 Shuffleboard 1:00 Hand & Foot Cards 6:15 8-ball Round Robin 6:30 Pitch 7:00 Square Dance	<b>15</b> 7:00 GRC Water Walking 8:30 Foot Care 9:00 Knitting 9:00 Woodworking <b>9:00 8-Ball Pool Tournament</b> 9:35 FFP Circuit Training 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 12:00 GRC Volleyball Games 12:30 Bridge Club, Bible Study 1:00 Ceramics, Pinochle, Bridge, Cribbage 1:30 Table Tennis, FFP Badminton 6:00 Open Table Tennis 6:30 Pinochle 7:00 Advanced Tai Chi Evenings 8:00 Beginner Tai Chi Evenings <b>7:00 Computer Users Special Interest</b>	<b>16</b> 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A <b>9:00 Medicare Counseling</b> 9:15 Shape Up B <b>9:30 Channel 9 News</b> 10:00 GRC Racquetball 10:30 GRC Pickleball 12:30 FFP Soft ball Practice 1:00 Shuffleboard 1:00 Scrabble 1:00 Bingo 1:30 Writing Your Life	<b>17</b> 7:00 GRC Water Walking <b>7:45 X-ski/Snowshoe Trip</b> 9:00 GRC Division Volleyball 9:00 Explorations in Creativity 10:00 Relaxation Class 10:00 Bridge 10:30 GRC Open Gym Volleyball 11:30 GRC Pickleball Women's Day 1:00 Bridge 1:00 Wii Play 1:00 Women's Table Tennis 1:30 Table Tennis 4:30 GRC Leisure Pickleball 6:00 Open Table Tennis	<b>18</b> 12:00 Billiards 12:00 Hand & Foot Cards 12:30 Bridge 1:00 Computer Users 1:00 GRC Pickleball

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>19</b>  1:00 FFP Open Gym Volleyball	<b>20</b> 7:00 GRC Water Walking 8:00 Shape Up A 8:30 Acupuncture 9:00 Advanced Tai Chi 9:00 FFP Volleyball Practice 9:00 Bridge Lessons 9:00 Rocks to Gems 9:15 Shape Up B 9:35 FFP Circuit Training 10:00 Beginner Tai Chi <b>11:30 No Lunch – Presidents Day</b> 11:30 GRC Leisure/Beginner Pickleball 1:00 FFP Bridge 1:00 Pinochle 1:00 Bridge 1:00 Crafts/Needlework 1:00 Women’s Table Tennis 1:30 GRASP, Table Tennis 1:30 FFP Badminton	<b>21</b> 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 8:30 Foot Care <b>9:00 Advisory Meeting</b> 9:00 Chair or Table Massage 9:00 FFP Open Gym Volleyball 9:15 Shape Up B 10:00 GRC Racquetball 10:30 GRC Pickleball 12:30 FFP Softball Practice 1:00 Bridge 1:00 Shuffleboard 1:00 Hand & Foot Cards 6:15 8-ball Round Robin 6:30 Pitch 7:00 Square Dance	<b>22</b> 7:00 GRC Water Walking 8:30 Foot Care 9:00 Knitting 9:00 Woodworking 9:35 FFP Circuit Training <b>10:00 Grocery Shopping on a Budget</b> <b>10:00 Shuffleboard Tournament</b> 11:30 Nutrition Lunch 11:30 GRC Leisure, Beginner Pickleball 12:00 GRC Volleyball Games 12:30 Bridge Club 12:30 Bible Study 1:00 Ceramics, Cribbage 1:00 Pinochle, Bridge 1:00 Women’s Table Tennis 1:30 Table Tennis 1:30 FFP Badminton 6:00 Open Table Tennis 7:00 Advanced Tai Chi Evenings 8:00 Beginner Tai Chi Evenings	<b>23</b> 8:00 GRC Water Walking 8:00 GRC Basketball <b>10:00 New Member Orientation</b> 10:00 GRC Racquetball 10:30 GRC Pickleball 12:30 FFP Softball Practice 1:00 Shuffleboard 1:00 Scrabble 1:00 Bingo 1:30 Writing Your Life <b>5:00 Dinner Theatre “Avenue Q”</b>	<b>24</b> 7:00 GRC Water Walking 9:00 Sunshine Band 9:00 GRC Division Volleyball 9:00 Explorations in Creativity 10:00 Relaxation Class Starts 10:30 GRC Open Gym Volleyball 1:00 Wii Play 1:30 Table Tennis 4:30 GRC Leisure Pickleball 6:00 Open Table Tennis	<b>25</b> 12:00 Billiards 12:00 Low Vision Support 12:00 Hand & Foot Cards 12:30 Bridge <b>7:00 Square Dance</b>
<b>26</b>  1:00 FFP Open Gym Volleyball	<b>27</b> 7:00 GRC Water Walking 8:00 Shape Up A 8:30 Acupuncture 9:00 Advanced Tai Chi 9:00 FFP Volleyball Practice 9:00 Bridge Lessons 9:00 Rocks to Gems Lapidary 9:15 Shape Up B 9:35 FFP Circuit Training 10:00 Beginner Tai Chi 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 1:00 Pinochle, Bridge 1:00 Crafts/Needlework 1:30 GRASP, Table Tennis 1:30 FFP Badminton	<b>28</b> 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 9:15 Shape Up B 9:00 Chair or Table Massage 9:00 FFP Open Gym Volleyball <b>9:30 Beer, Beer and more Beer</b> 10:00 GRC Racquetball 10:30 GRC Pickleball 12:30 FFP Softball Practice 1:00 Bridge 1:00 Shuffleboard 1:00 Hand & Foot Cards 6:15 8-ball Round Robin 6:30 Pitch <b>7:00 Square Dance</b>	<b>29</b> 7:00 GRC Water Walking 8:30 Foot Care 9:00 Knitting/Woodworking 9:35 FFP Circuit Training 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 12:00 GRC Volleyball Games 12:30 Bridge Club/Bible Study 1:00 Ceramics, Cribbage 1:00 Pinochle, Bridge 1:00 Women’s Table Tennis 1:30 Table Tennis 1:30 FFP Badminton 6:00 Open Table Tennis 7:00 Advanced Tai Chi Evenings 8:00 Beginner Tai Chi Evenings	<b>Greeley Senior Activity Center</b> <b>1010 6<sup>th</sup> Street</b> <b>Greeley, CO 80631</b> <b>970-350-9440</b> 		FFP=Family FunPlex GRC=Greeley Recreation Center Schedule subject to change.

**Nutrition Lunch Schedule:**

Wednesday, Feb. 1  
 Monday, Feb. 6  
 Wednesday, Feb.8  
 Monday, Feb 13  
 Wednesday, Feb 15  
 Monday, Feb 20  
 Wednesday, Feb 22  
 Monday, Feb 27  
 Wednesday, Feb 29

**Menu – Subject to Change**

Swiss steak, brown gravy, oven-browned potatoes, broccoli cuts with garden seasoning, chilled spiced peaches and herbed biscuit  
 Shepherd’s pie, spinach salad with fat free Italian dressing, orange wedges and sunny lemon-raspberry muffin  
 Roasted turkey, whipped potatoes and brown gravy, green beans and corn, multigrain roll and cherry cobbler  
 Krautburger, blanched carrots and celery sticks with ranch dressing, chilled mixed fruit and toffee cookie.  
 Hungarian Goulash over whole wheat pasta, spinach and garbanzo bean salad, orange and pineapple tidbits and oatmeal raisin cookie  
 NO MEAL – Presidents day  
 Turkey a la king on a whole wheat biscuit, marinated vegetable salad and chilled mixed fruit  
 Baked parmesan chicken and chicken gravy, oven-baked potatoes, glazed carrots, multigrain roll, chilled strawberry and bananas, fruit and nut crunch  
 Beef soft taco, shredded lettuce, tomato and cheese, Spanish brown rice, chilled pear half with blueberry garnish, salsa cup and fruit and nut crunch