




# Spring Lake Sr. Enrichment Center

301 Ruth St. Spring Lake NC 28390

(910) 497-7700



## FEBRUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p><i>1</i> Aerobics 8:30-9:30am            Crafts w/ Heather 8:30-9:30am            Coloring Hour 10-11am            Bible Study Class w/ Rev. Simpson 11am            Learn How to Pray w/ Rev. Simpson 12am</p>	<p><i>2</i> Aerobics 8:30-9:30am            Crafts w/Heather 9am            Knitting 10-12pm            Pokeno 1-3pm            Blood Pressure Checks 12pm-12:30pm            Bowling League Games 1pm Airborne Lanes</p>	<p><i>3</i> Crafts w/Heather 9am            Quilting 9-10am            Crocheting 10am-12pm            Sewing 10:30am-12:30pm            Checkers 11-12pm            Chess 1-2pm            Bid Whist 2-3pm</p>	<i>4</i>
<i>5</i>	<p><i>6</i> Aerobics 8:30 -9:30am            Crafts w/Heather 9am            Pottery 10am-12pm</p>	<p><i>7</i> Aerobics 8:30-9:30am            Crafts w/Heather 9am            Porcelain Dolls 10am on you on            Bingo 12-2pm            Blood Pressure Checks 12-12:30</p>	<p><i>8</i> Crafts w/ Heather 8:30-9:30am            Aerobics 8:30-9:30am            Coloring Hour 10-11am            Bible Study Class w/ Rev. Simpson 11am            Learn How to Pray w/ Rev. Simpson 12am</p>	<p><i>9</i> Aerobics 8:30-9:30am            Crafts w/Heather 9am            Knitting 10-12pm            Pokeno 1-3pm            Blood Pressure Checks 12pm-12:30pm            Bowling League Games 1pm Airborne Lanes</p>	<p><i>10</i> Crafts w/Heather 9am            Quilting 9-10am            Crocheting 10am-12pm            Sewing 10:30am-12:30pm            Checkers 11-12pm            Chess 1-2pm            Bid Whist 2-3pm            Birthday Party 12pm</p>	<i>11</i>
<i>12</i>	<p><i>13</i> Aerobics 8:30 -9:30am            Crafts w/Heather 9am            Pottery 10am-12pm            Sr. Club Meeting 12 pm            Widowers and Singles Support Group 11am</p>	<p><i>14</i> Aerobics 8:30-9:30am            Crafts w/Heather 9am            Porcelain Dolls 10am on you on            Bingo 12-2pm            Blood Pressure Checks 12-12:30</p> 	<p><i>15</i> Crafts w/ Heather 8:30-9:30am            Aerobics 8:30-9:30am            Coloring Hour 10-11am            Bible Study Class w/ Rev. Simpson 11am            Learn How to Pray w/ Rev. Simpson 12am            Hearing Aid Resources 10:30 AM            Free Diabetic Clinic 9:30 Am-12:00</p>	<p><i>16</i> Aerobics 8:30-9:30am            Crafts w/Heather 9am            Knitting 10-12pm            Pokeno 1-3pm            Blood Pressure Checks 12pm-12:30pm            Bowling League Games 1pm Airborne Lanes            Drawing Class w/ Anthony 10:30</p>	<p><i>17</i> Crafts w/Heather 9am            Quilting 9-10am            Crocheting 10am-12pm            Sewing 10:30am-12:30pm            Checkers 11-12pm            Chess 1-2pm            Bid Whist 2-3pm</p>	<i>18</i>
<i>19</i>	<p><i>20</i> Aerobics 8:30am            Crafts w/Heather 9am            Pottery 10-12pm</p>	<p><i>21</i> Aerobics 8:30-9:30am            Crafts w/Heather 9am            Porcelain Dolls 10am on you on            Bingo 12-2pm            Blood Pressure Checks 12-12:30</p>	<p><i>22</i> Crafts w/ Heather 8:30-9:30am            Aerobics 8:30-9:30am            Coloring Hour 10-11am            Bible Study Class w/ Rev. Simpson 11am            Learn How to Pray w/ Rev. Simpson 12am</p>	<p><i>23</i> Aerobics 8:30-9:30am            Crafts w/Heather 9am            Knitting 10-12pm            Pokeno 1-3pm            Blood Pressure Checks 12pm-12:30pm            Bowling League Games 1pm Airborne Lanes            Drawing Class w/ Anthony 10:30</p>	<p><i>24</i> Crafts w/Heather 9am            Quilting 9-10am            Crocheting 10am-12pm            Sewing 10:30am-12:30pm            Checkers 11-12pm            Chess 1-2pm            Bid Whist 2-3pm</p>	<i>25</i>
<i>26</i>	<p><i>27</i> Aerobics 8:30am            Crafts w/Heather 9am            Pottery 10-12pm</p>	<p><i>28</i> Aerobics 8:30-9:30am            Crafts w/Heather 9am            Porcelain Dolls 10am on you on            Bingo 12-2pm            Blood Pressure Checks 12-12:30</p>				

**Sandhills Health & Wellness Walking Club Every Week M-W-F 8-9am except Holidays/Spring Lake Path to Fitness w/Doris Lucas**