



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
1	8:30 Exercise 9:00 Bridge 10:00 Yoga 12:00 AARP Taxes 12:30 Board Games 1:00 Pinochle 1:00 Reserve Cards 1:30 Stroke/Parkinson's 6:00 Yoga	2	9:00 Bridge 9:00 Matter of Balance—11:00 11:00 Lunch and Learn 1:00 Arthritis Exercise/Tai Chi 1:00 Chess 1:00 Pinochle 1:30 Medicare Consultations 3:30 Legal Help—4:30	3	8:30 Strength and Stretching 10:00 Aging Alone 11:00 News and Views 1:00 Reserve Cards 1:00 Watercolor—Pat 2:00 Ballroom Dance—4:00	4	9:00 Snacks/Movie 9:30 <i>Max</i> 10:00 History—WWII 10:00 Blood Pressure—1:00 12:00 Poker 12:30 Asian Exercise 1:00 Snacks/Movie 1:30 <i>Max</i> 2:00 Grief Support/How Do We Learn? 5:30 Tai Chi	5	9:00 Watercolor—Diane 9:00 Yoga 10:00 Conscious Aging Workshop 10:30 Yoga 1:00 Beginner Watercolor 1:00 Chess
8	8:30 Exercise 9:00 Bridge 10:00 Yoga 12:00 AARP Taxes 12:00 Hospice Cards 12:00 Meet and Eat 12:30 Board Games 1:00 Pinochle 1:00 Reserve Cards 6:00 Yoga	9	9:00 Bridge 9:00 Matter of Balance—11:00 9:30 Glucose Testing 10:00 Manage/Prevent Diabetes 1:00 Arthritis Exercise/Tai Chi 1:00 Chess 1:00 Pinochle 3:30 Legal Help—4:30	10	8:30 Strength and Stretching 9:45 Men's Morning 11:00 Coffee and Conversation 1:00 Reserve Cards 1:00 Brain Health 1:00 Watercolor—Pat 2:00 Ballroom Dance—4:00	11	9:00 Snacks/Movie 9:30 <i>Mr. Holmes</i> 10:00 History—WWII 10:00 Blood Pressure—1:00 12:00 Poker 12:30 Asian Exercise 1:00 Snacks/Movie 1:30 <i>Mr. Holmes</i> 2:00 Grief Support/How Do We Learn? 5:30 Tai Chi	12	9:00 Watercolor—Diane 9:00 Yoga 10:00 Chair Massage 10:00 Conscious Aging Workshop 10:30 Yoga 1:00 Age of Love Documentary 1:00 Beginner Watercolor 1:00 Chess
15	 <p>City Offices Closed in Observance of President's Day</p>	16	9:00 Bridge 9:00 Matter of Balance—11:00 10:00 Love Your Heart 1:00 Arthritis Exercise/Tai Chi 1:00 Chess 1:00 Pinochle 1:30 Medicare Consultations 3:30 Legal Help—4:30	17	8:30 Strength and Stretching 9:00 Service Club 11:00 Valentine Lunch 1:00 Reserve Cards 1:00 Watercolor—Pat	18	9:00 Snacks/Movie 9:30 <i>The Man From U.N.C.L.E.</i> 10:00 History WII 10:00 Musical Bingo 10:00 Blood Pressure—1:00 12:00 Poker 12:30 Asian Exercise 1:00 Snacks/Movie 1:30 <i>The Man From U.N.C.L.E.</i> 2:00 Grief Support/How Do We Learn? 5:30 Tai Chi	19	9:00 Watercolor—Diane 9:00 Yoga 10:30 Yoga 1:00 Beginner Watercolor 1:00 Chess
22	8:30 Exercise 9:00 Bridge 10:00 Yoga 12:00 AARP Taxes 12:00 Hospice Cards 12:30 Board Games 1:00 Drugless Doctor 1:00 Pinochle 1:00 Reserve Cards 6:00 Yoga	23	9:00 Bridge 9:00 Matter of Balance—11:00 9:30 At The Movies 1:00 Arthritis Exercise/Tai Chi 1:00 Chess 1:00 Pinochle	24	8:30 Strength and Stretching 10:00 Interesting People/Places... 11:00 Sing Along Lunch 1:00 Book Discussion 1:00 Reserve Cards 1:00 Watercolor—Pat	25	9:00 Snacks/Movie 9:30 <i>Jurassic World</i> 10:00 History—King Tut's Tomb 10:00 Blood Pressure—1:00 12:00 Poker 12:30 Asian Exercise 1:00 Snacks/Movie 1:30 <i>Jurassic World</i> 2:00 Grief Support/How Do We Learn? 5:30 Tai Chi	26	9:00 Watercolor—Diane 9:00 Yoga 10:00 Chair Massage 10:00 Oscar Party 10:30 Yoga 1:00 Beginner Watercolor 1:00 Chess
29	8:30 Exercise 9:00 Bridge 10:00 Leap Year Celebration 10:00 Yoga 12:00 AARP Taxes 12:30 Board Games 1:00 Pinochle/Reserve Cards 6:00 Yoga								

Community Services Travel 2016

WENDT TOURING 2016—EXTENDED DAY TRIPS—DETAILED BROCHURES AVAILABLE AT WESTLAKE CENTER

SPRINGTIME DOWN SOUTH—JEKYLL ISLAND~SAVANNAH~CHARLESTON

April 23—29. Experience all of the Southern charm and beauty that this Atlantic Coast area has to offer. The Golden Isles, Charleston and Savannah are said to be a way of life preserved. Enjoy scrumptious cuisine, old world architecture, sparkling gardens and Civil War history throughout this customized tour. Highlights Include: Golden Isles of Georgia, Millionaire's Village, Jekyll Island Club, Savannah, Georgia, Historic Waterfront District, Charleston, South Carolina, Charleston Harbor Queen Cruise, Magnolia Plantation & Gardens, Beaufort, South Carolina, Fort Sumter, Atlantic Ocean, Charlotte, North Carolina. Deluxe motor coach transportation. Nine (9) meals, 3-D, 6-B.

Cost \$1,199/pp double occupancy. \$100 deposit to reserve seat, final payment by March 14.

WESTERN AMTRAK ADVENTURE—FEATURING AMTRAK'S SOUTHWEST CHIEF & CALIFORNIA ZEPHYR TRAINS

June 19—28. Experience a classic train journey out West! See some of America's most spectacular national parks and enjoy the many wonders of this dazzling area on this once-in-a-lifetime early summer tour. There is something magical about rail travel. Highlights include: Flagstaff, Grand Canyon National Park, Petrified Forest, Painted Desert, Chicago, Oak Creek Canyon, Sedona, Arizona, Bryce Canyon National Park, Colorado Rocky Mountains, Las Vegas, Nevada, Zion National Park, Utah. Eight (8) meals, 3-D, 5-B.

Cost \$2,149/pp double occupancy Amtrak Coach Seating. \$200 deposit to reserve seat, final payment by April 15.

TREASURES OF OTTAWA—CANADA'S NATIONAL CAPITAL BY RAIL

August 24—28. Regal and vibrant, Ottawa is one of the great underrated gems of Canada. Enjoy first class tour features as we travel through Canada on VIA Rails' sleek and modern LRC train along the shores of Lake Ontario. There is something magical about train travel. Enjoy old world architecture, European art and international cuisine. See costumed soldiers perform the traditional Changing of the Guard Ceremony at Parliament. All the must see attractions will be included plus a bit of Quebec. Beautiful and cosmopolitan—Ottawa, Canada's Capital will surprise you! Highlights include: VIA Rail Canada, St. Lawrence Seaway, Lake Ontario, Embassy Row, Parliament Tour, Ottawa River Boat Cruise, Rideau Falls, Byward Market, Chateau Laurier, MamaTherasas, Changing of the Guard Ceremony, Notre Dame Cathedral, Sights & Sounds Show, Pink Lake, Quebec Provincial Park, Canadian Museum of Civilization, Quebec, 1,000 Islands. Three (3) meals, 2-D, 1-L.

Cost \$999/pp double occupancy. \$100 deposit to reserve seat, final payment by July 15.

NOVA SCOTIA AND PRINCE EDWARD ISLAND—FEATURING THE ATLANTIC MARITIMES OF CANADA

October 1—7. Early autumn is a great time of year to visit the colorful Atlantic Maritime Provinces of Canada, Nova Scotia and Prince Edward Island. Enjoy great tour features as we travel via airplane, motor coach and steamer ferry. Experience delicious meals, very good hotels, first class service and unforgettable sightseeing throughout this fun-filled adventure! Highlights include: Halifax, Citadel, Atlantic Ocean, Peggy's Cove, New Brunswick, Cap Breton Island, Bras d'Or Lake, Alexander Graham Bell Museum, Cabot Trail, Gaelic College, Charlottetown, Green Gables. Nine (9) meals, 4-D, 1-L, 4-B.

Cost \$2,249/pp double occupancy. \$200 deposit to reserve seat, final payment by July 28.

MINI TRIPS

March Brown Bag Concerts at Trinity Cathedral

Limited to nine people. Depart 11:15. Cost: \$5 (transportation). A \$5 lunch is optional, or bring your own. Coffee/tea available.

March 2—TOPS Big Band.

March 30—Keys on Fire with Jackie Warren, Cleveland's Queen of Jazz Piano.

RSVP by one week prior to each date.