



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chinese New Year! Woodcarving 8-11:30 am Pool Tournament 9:30 am	2 Stitching 9:30 am Shuffleboard 10:00 am Bingo After Lunch	3 Woodcarving 8-11:30 am Texas Hold Em 12:15 pm	4 Wear Red for Women's Heart Awareness Day Nickel Bingo after Lunch
7 Wii Tournament 12:15 Texas Hold Em 12:15	8 Woodcarving 8-11:30 am Pool Tournament 9:30 am	9 Stitching 9:30 am Shuffleboard 10:00 am Bingo After Lunch	10 Woodcarving 8-11:30 am Texas Hold Em 12:15 pm	11 Super Bowl Party 10:30 – Wear Your Favorite Team Jersey! Nickel Bingo after Lunch
14 Valentine's Day Party Music by Windsong 10:30 Shuffleboard 10:00 am Bingo After Lunch	15 Woodcarving 8-11:30 am Pool Tournament 9:30 am	16 Sweet 16 Day Stitching 9:30 am Shuffleboard 10:00 am Bingo After Lunch	17 Civil War: Secession & War 10:30 am Woodcarving 8-11:30 am Texas Hold Em 12:15 pm	18 Birthday & Anniversary Party Nickel Bingo after Lunch
21 Blood Pressure Clinic Shuffleboard 10:00 am Bingo After Lunch	22 National Margarita Day – Enjoy Virgin Margaritas with us! Woodcarving 8-11:30 am Pool Tournament 9:30 am	23 Stitching 9:30 am Shuffleboard 10:00 am Bingo After Lunch	24 National Tortilla Day – Chips & Salsa today! Woodcarving 8-11:30 am Texas Hold Em 12:15 pm	25 Nickel Bingo after Lunch
28 Shuffleboard 10:00 am Bingo After Lunch	<b>Call 989-687-7888 or sign-up online at <a href="http://www.SeniorServicesMidland.org">www.SeniorServicesMidland.org</a></b>			

Meals are available Monday-Friday at 11:30 am. Please call 989-687-7888 by 9 am the day you would like to reserve a meal.

- Regularly Scheduled Programs:**
- **Wii Tournament**  
Mondays • 12:15 pm
  - **Woodcarving**  
Tuesdays & Thursdays  
8-11:30 am
  - **Pool Tournament**  
Tuesdays • 9:30 am
  - **Bingo** Wednesdays  
after lunch
  - **Stitching with Friends** Wed  
9:30am
  - **Shuffleboard Tournament**  
Wednesdays • 10 am
  - **Texas Hold Em**  
Mondays &  
Thursdays • 12:15 pm

*We strongly suggest vaccinating before attending. You will need to wear a mask if you are not vaccinated. Please cancel your reservation if anyone in your household is sick.*

**Fitness Classes** *Special Note:* Julie Pierce will be on vacation Jan 31-Feb 4th, there will be no classes that week for Fall Prevention & Calming Yoga.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15 am		Gentle Yoga with Steve			
9:30-10:15 am	Fall Prevention and Balance Class				
9:30-10:30 am		Walk15	Walk15		
10:45-11:45 am	Bonesaver		Bonesaver	Mat Pilates	Bonesaver

**Sanford Center**  
3243 N West River Rd • Sanford  
**(989) 687-7888**  
[SeniorServicesMidland.org](http://SeniorServicesMidland.org)



# Activity Descriptions

Call 989-687-7888 or visit [www.SeniorServicesMidland.org](http://www.SeniorServicesMidland.org) to sign-up!

## SANFORD ACTIVITY DESCRIPTIONS

- Tues, Feb 1 • Chinese New Year!
- Fri, Feb 4 • Wear Red Day  
Support women's heart health.
- Fri, Feb 11 • Super Bowl Party  
Wear your favorite jersey and cheer on your team. 10:30 am
- Mon, Feb 14 • Valentine's Day Party  
Music by Windsong 10:30-11:30
- Wed, Feb 16 • Sweet 16 Day
- Fri, Feb 18 • Birthday & Anniversary Celebration
- Mon, Feb 21 • Blood Pressure Clinic  
10:30-12:00
- Tues, Feb 22 • National Margarita Day – enjoy virgin Margaitas with us
- Thurs, Feb 24 • National Tortilla Day  
Chips & Salsa today!

## EDUCATION PROGRAM DESCRIPTIONS

Thurs, Feb 17, 10:30-11:30 am  
Civil War: Secession and War

## FITNESS CLASS DESCRIPTIONS:

**Gentle Yoga with Steve Weckle** has numerous positive health effects including calming the mind, easing arthritis, building strength, increasing flexibility and improving balance. The cost per class is \$4. Punch-cards are available for \$36, which includes 10 classes.  
Tuesdays 8:15 am

**Walk15 with Shelley Potts** Get an aerobic workout to upbeat music from all genres using all the muscles in the body and adding simple arm movements. Improve balance, increase flexibility and range of motion in the joints, strengthen muscles and reduce the risk of coronary heart disease. Modify the movements to your own fitness level from beginners to more advanced! Suggested donation of \$3 per class or \$30 per month for unlimited classes paid directly to your instructor.

Tuesdays and Wednesdays at 9:30 am, also available via Zoom  
Mon, Wed, Fri at 9:30 am

**Essential Mat Pilates** is an excellent way to improve flexibility, increase core muscle strength, improve posture, as well as promote relaxation while improving focus and concentration. STOTT Pilates is the contemporary form of exercises that is respected by fitness, rehab, and health practitioners worldwide. This class requires the ability to transfer up and down from the floor. Please bring your own mat if available. Class is in the Sanford Center fitness room. The cost is \$4 per class paid directly to your instructor. Jill Nyman is a Doctor of Physical Therapy and a certified STOTT Pilates instructor.  
Thursdays, 10:45-11:45 am

**Bonesaver** is a weight-training class for the prevention of osteoporosis. Suitable for all fitness levels, adaptable to your physical restrictions. No equipment needed to start. There is a suggested donation of \$2 a class.  
Mon, Wed, Fri 10:45-11:45 am

**Fall Prevention & Balance Class** is intended to reduce participants' fall risk and thereby, maintain their mobility and independence for as long as possible. This class will address the key components of Agility, Balance, Coordination, Speed/Reaction Time, and Power (i.e. lower body muscle strength), as well as education about fall risk and prevention. The cost per class (paid directly to your instructor) is \$3 drop-in, \$25 for a 10-visit punch card. Mondays 9:30-10:15 am.

*Please note instructor is on vacation January 31. No Fall Prevention class that day.*