

HILLS & DALES LIFETIME CENTER  
FEBRUARY 2012

CALL 556-3305 BEFORE 8 AM TO MAKE LUNCH RESERVATIONS

**Mondays:**

9:00 - 11:00 Line Dancing with Country Steppers  
10:00 - 11:00 Senior Fitness Friends Exercise  
11:30 Lunch – **Presentation by Sue Lemon from Sunset Park Place, “Dispelling Myths about Assisted Living”, February 13<sup>th</sup>.**  
12:30 - 4:30 ACBL Duplicate Bridge  
12:30 - 3:30 Open Bridge  
6:00 - 9:00 Woodcarving Club (1<sup>st</sup> and 3<sup>rd</sup> Mondays).

**Tuesdays:**

9:00 - 2:00 **Free tax service by AARP thru April 16<sup>th</sup>. Call 563-585-0560 X 201 for an appt.**  
9:00 - 11:00 DuPaco Line Dancing  
10:00- 11:00 **Sit & Fit Exercise Class: Chair Dancing**  
11:30 Lunch –  
12:30 Swedish Weaving  
12:30 - 3:30 Dominoes  
12:00 - 3:00 Open Bridge  
12:30 - 4:00 Duplicate Bridge  
3:00 - 6:00 Fiberarts Group – (February 28<sup>th</sup>)

**Wednesdays**

8:30 Wii Bowling  
9:00 – 2:00 **Free tax service by AARP thru April 16<sup>th</sup>. Call 563-585-0560 X 201 for an appt.**  
10:00 - 11:00 Senior Fitness Friends Exercise (**Presentation by Stacy Martin, regarding “Foster Grandparents” February 29<sup>th</sup>**)  
11:00 **Blood Pressure Screening by Manor Care (February 1<sup>st</sup> & 15<sup>th</sup>)**  
11:30 **Please join us for our “Valentine’s Lunch” Feb. 15<sup>th</sup>. RESERVATIONS REQUIRED.**  
11:30 Lunch (**Presentation by Stacy Martin, regarding “Foster Grandparents” Feb. 29<sup>th</sup>**)  
12:15 Open Euchre  
**5:00 – 7:00 PM Free tax service by AARP thru April 16<sup>th</sup>. Call 563-585-0560 X 201 for an appt.**

**Thursdays**

9:00 – 2:00 **Free tax service by AARP thru April 16<sup>th</sup>. Call 565-585-0560 X 201 for an appt.**  
11:30 Lunch  
11:45 **Ice Cream Social by Manor Care Health Services (February 9<sup>th</sup>)**  
6:30 Essential Oils (1<sup>st</sup> Thursday only)  
**5:00 7:00 PM Free tax service by AARP thru April 16<sup>th</sup>. Call 563-585-0560 X 201 for an appt.**

**Fridays**

9:00 – 2:00 **Free tax service by AARP thru April 16<sup>th</sup>. Call 563-585-0560 X 201 for an appt.**  
10:00 - 11:00 Senior Fitness Friends Exercise  
11:30 Lunch  
12:15 Birthday/Anniversary Party- (**February 24<sup>th</sup>**)  
12:15 Wii Bowling

