










# February 2012- Anchorage Activities & Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1 8:45 NSA Art Show and Sale Reception, Suffolk</b> 9:00 Zumba Class 10:00 Balance Class (AR) 1:00 Painting Class 1:30-4:00 Local Trans 2:00 Bible Study 7:00 Movie Night "Super 8" 	<b>2</b> 9:30 Chair Exercise 10:20 Stretch & Tone 3:30 Golden Voices 3:30 Weight Lifting <b>6:00 Trio Voronezh, American Theatre (Hampton)</b> 7:00 Bridge	<b>3 8:45 Low Impact Aerobics</b> <b>9:30 VSO Coffee Concert, Ferguson Center</b> 9:30 Chair Yoga 10:30 Time to Play Games <b>11:30 First Friday Concert, Main Street UMC</b> 1:00 Bridge Bidding Class 2:00 <i>Wear Red Day Walk</i> 7:00 Poker Party	<b>4</b> <b>1:00 Paperhand Puppets "Big Tent Cabaret Road Show", Suffolk Center</b>
<b>5</b> 4:00 Vespers Rev. Dr. Woodie Rea Communion 6:30 Duplicate Bridge	<b>6</b> 9:30 Chair Exercises 10:15 Line Dancing 10:30 Time to Play Games 1:30-4:00 Local Trans 2:00 Resident Council	<b>7</b> 9:30 Chair Exercises 10:20 Stretch & Tone 2:00 Balloon Volleyball 3:30 Weight Lifting 7:00 Bridge	<b>8 9:00 Zumba Class</b> 10:00 Balance Class 10:30 Computer Forum 1:00 Painting Class 1:30-4:00 Local Trans 2:00 Catholic Mass (AL) 2:00 Bible Study 7:15 Bingo 	<b>9 9:30 Chair Exercises</b> 10:20 Stretch & Tone <i>2:00 Joyful Sound Concert</i> 3:30 Golden Voices 3:30 Weight Lifting <b>6:30 Chicago City Limits "Isn't it Iconic", Suffolk Center</b> 7:00 Bridge Seamstress	<b>10</b> <i>8:30 Men's Club Breakfast</i> 8:45 Low Impact Aerobics 9:30 Chair Yoga 10:30 Time to Play Games 1:00 Bridge Bidding Class 7:00 Poker Party	<b>11</b> <b>6:30 "A Flea in Her Ear", Norfolk Little Theatre</b>
<b>12</b> <b>12:30 Va. Musical Theatre "Carousel", Sandler Center</b> 4:00 Vespers Rev. Dr. Madelene Beard Galatians UCC	<b>13 9:30 Chair Exercise</b> 10:15 Line Dancing 10:30 Time to Play Games 1:30-4:00 Local Trans 2:00 Worship Committee 2:30 Wii Bowling <i>6:30 Girl Scout Cookie Sale</i> <i>7:00 PDCCC Lecture</i>	<b>14 Valentine's Day</b> 8:45 Coffee & Donuts 9:30 Chair Exercise 10:20 Stretch & Tone 2:00 Balloon Volleyball <i>3:00 Valentine Social</i> 3:30 Weight Lifting 7:00 Bridge 	<b>15</b> No Zumba 10:00 Balance Class (AR) 1:00 Painting Class 1:30-4:00 Local Trans 2:00 Bible Study 7:00 Movie Night "Pajama Game" 	<b>16</b> 9:30 Chair Exercises 10:20 Stretch & Tone 3:30 Golden Voices 3:30 Weight Lifting <b>5:30 OpSail Series, "The Royal Navy", Norfolk</b> 7:00 Bridge	<b>17 8:45 Low Impact Aerobics</b> 9:30 Chair Yoga 10:30 Time to Play Games 1:00 Bridge Bidding Class 2:00 Birthday Party 7:00 Sing-A-Long	<b>18</b> <b>8:00 Outing to the Museum of the Confederacy and the State Capitol, Richmond</b>
<b>19</b> 4:00 Vespers Rev. Dr. Woodie Rea Featuring Golden Voices 6:30 Duplicate Bridge	<b>20 President's Day</b> 9:30 Chair Exercises 10:15 Line Dancing 10:30 Time to Play Games 1:30-4:00 Local Trans <i>3:00 Mardi Gras Party</i> 3:00 Alzheimer's Support (Admin. Conf. Room) <i>7:00 PDCCC Lecture</i> 	<b>21</b> No Chair Exercise 10:20 Stretch & Tone (AR) <b>11:00 Out to Lunch-George's</b> 2:00 Balloon Volleyball 3:30 Weight Lifting 7:00 Bridge	<b>22 Ash Wednesday</b> 9:00 Zumba Class 10:00 Balance Class (AR) <i>10:45 Ash Wednesday Service</i> 1:00 Painting Class 1:30-4:00 Local Trans 2:00 Bible Study 7:15 Bingo 	<b>23</b> <b>9:30 Shopping at Chesapeake Square Mall</b> 9:30 Chair Exercise 10:20 Stretch & Tone 3:30 Golden Voices 3:30 Weight Lifting 7:00 Bridge Seamstress	<b>24</b> 8:45 Low Impact Aerobics 9:30 Chair Yoga 10:30 Time to Play Games 1:00 Bridge Bidding Class <i>4:00 Happy Hour in the Billiards Room</i> 7:00 Poker Party	<b>25</b>
<b>26</b> <b>1:30 Guy Penrod, Franklin-Southampton Concert</b> 4:00 Vespers Rev. Michael Halley	<b>27 9:30 Chair Exercise</b> 10:15 Line Dancing 10:30 Time to Play Games 1:30-4:00 Local Trans 2:30 Wii Bowling	<b>28</b> 8:45 Coffee & Donuts 9:30 Chair Exercise 10:20 Stretch & Tone 2:00 Balloon Volleyball 3:30 Weight Lifting 7:00 Bridge	<b>29</b> No Zumba 10:00 Balance Class (AR) 1:00 Painting Class 1:30-4:00 Local Tran 2:00 Bible Study	Activities in <b>Bold</b> are outings off campus Activities in <i>Italics</i> are special events on campus		