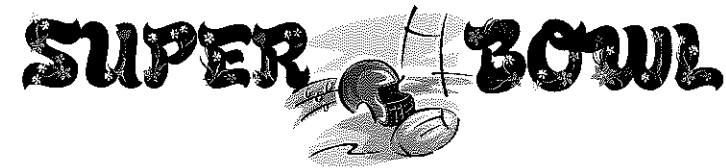


# FEBRUARY, 2012

## Meadowood Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>Art for February, Schultz Community Ctr: Needlework</b> <i>By Rev. Paul Cornell And Betty Cornell</i>	~~~~~ <b>Volunteer your time</b> <b>A great way to meet new people and get involved in your community</b> ~~~~~	<b>1</b> <b>NO NOON BUFFET</b> 10:00 AM <i>Alicia Lutzky - Hearing Aid Specialist (CB Lounge)</i>  7:00PM <i>The Bryn Mawr Mainliners- a cappella men's chorus (Aud)</i>	<b>2</b> GROUND HOG DAY 10:00 AM <i>The Sew &amp; Sews (CB Lounge)</i> ~~~~~ <i>Shop The Gosling's Nest</i> <i>Great Gift Ideas</i> <i>M-F /10:00-2:00</i>	<b>3</b> <b>10:00 - 2:00PM WALLACH'S SHOES (Aud)</b>  11:00 AM <i>Worship (Lib)</i> 4:30 -5:30 PM <i>Social Hour (GH)</i> 7:00 PM <i>Movie: Mr. Popper's Penguins (Aud)</i>	<b>4</b> 4:15 PM <i>Catholic Mass (Aud)</i>  7:00 PM <i>Movie: Knute Rockne All American (Aud)</i>	
<b>5</b> <b>SUPER BOWL DAY</b>  2:00 PM <i>Worship (LH /Maple Ave.)</i>	<b>6</b> 7:00 PM <i>Bible Study: Rev. David W. McKinley/ Contrasts in the Gospel of John (Aud)</i>	<b>7</b> 9:30 AM <i>Yoga Class (Aud)</i>	<b>8</b> 12:00 <i>Noon Buffet (MDR)</i> 1:00 PM <i>Sen. Bradford's Staff/Lib</i> 2:00PM <i>Spirituality Group - Meditation Room</i>  7:00 PM <i>James Correnti and Leah Kim - Piano and Violin Duo (Aud)</i>	<b>9</b> <b>SHREDDING DAY</b> 2:15 - 3:15 PM <i>Book Mobile</i> <b>3:30pm-TOWN MEETING (Auditorium)</b> 7:00PM <i>Cream-David Masur/ In Opposition of Marcellus Shale Drilling (Aud)</i>	<b>10</b> 11:00 AM <i>Worship (Lib)</i>  4:00 PM <i>Shabbat (Lib)</i>  7:00 PM <i>Movie: Il Postino (The Postman) (Aud)</i>	<b>11</b> 4:15 PM <i>Catholic Mass (Aud)</i>  7:00 PM <i>Movie: Wait Until Dark (Aud)</i>	
<b>12</b> 2:00 PM <i>Worship (LH /Maple Ave.)</i>	<b>13</b> <b>► BIRTHDAY NIGHT IS 1/14 →</b> 11:00 AM <i>Current Events (Board Rm)</i> 12:00PM <i>Bus Leaves/William Penn Inn (Lobby)</i>  7:00 PM <i>Bible Study: Rev. David W. McKinley/ Contrasts in the Gospel of John (Aud)</i>	<b>14</b> <b>VALENTINE'S DAY</b> 9:30 AM <i>Yoga Class (Aud)</i> <b>Valentine/Birthday Night Dinner</b> <b>Two Events in One</b> <b>"Wear Your Red"</b> <b>Special Menu/No Guests</b> <b>Reservations by Feb 8th</b> 7:00PM <i>Cream- Nancy Loane (in costume) - Love Letters From Valley Forge (Aud)</i>	<b>15</b> <b>NO NOON BUFFET</b>  1:30PM <i>Transitions Ahead (Aud)</i>  7:00 PM <i>Gerry Timlin-Local Storyteller and Guitarist (Aud)</i>	<b>16</b>  7:00PM <i>Cream-John A. Fry, President, Drexel University - University &amp; Community: How to Build a Sustainable Partnerships (Aud)</i>	<b>17</b> 11:00 AM <i>Worship (Lib)</i>  2:00 PM <i>Schwenkfelder Tea (CB Lounge)</i>  7:00 PM <i>Movie: The Guard (Aud)</i>	<b>18</b> 4:15 PM <i>Catholic Mass (Aud)</i>  7:00 PM <i>Bus Leaves/ Community Concert (Lobby)</i> 7:00 PM <i>Movie: The Debt (Aud)</i>	
<b>19</b> 2:00 PM <i>Worship (LH /Maple Ave.)</i>	<b>20</b> <b>PRESIDENTS' DAY</b>  7:00 PM <i>Bible Study: Rev. David W. McKinley/ Contrasts in the Gospel of John (Aud)</i>	<b>21</b> <b>8:00-10:00AM "FASTNACHT DAY" (The Garden and /Health Center)</b> 9:30 AM <i>Yoga Class (Aud)</i> <b>"MARDI GRAS"</b> <b>An Evening Buffet</b> <b>Reservations by Feb. 15<sup>th</sup></b> <b>MDR opens at 5:00 PM</b>	<b>22</b> <b>ASH WEDNESDAY</b> <b>NO NOON BUFFET</b> 11:15 AM <i>Ash Wednesday Mass (Aud)</i> 2:00PM <i>Spirituality Group - Meditation Room</i> 7:00 PM <i>Ed Wise and his New Orleans Jazz Band (Aud)</i>	<b>23</b> 2:15 - 3:15 PM <i>Book Mobile</i>  6:30PM <i>Bus Leaves/ Phila. Orchestra (Shultz CC)</i> 7:00PM <i>Cream- Dr. Bobby Fong, Pres/ Long Range Plans for Ursinus College and Trends in Higher Education (Aud)</i>	<b>24</b> 8:30 AM <i>Bus leaves/ National Museum of American Jewish History (Lobby)</i>  11:00 AM <i>Worship (Lib)</i>  7:00 PM <i>Movie: Step Lively (Aud)</i>	<b>25</b> 4:15 PM <i>Catholic Mass (Aud)</i>  7:00 PM <i>Movie: Moneyball (Aud)</i>	
<b>26</b> 2:00 PM <i>Worship and Communion (LH /Maple Ave.)</i>	<b>27</b> 11:00 AM <i>Current Events (CBL)</i>  7:00 PM <i>Bible Study Rev. David W. McKinley/ Contrasts in the Gospel of John</i>	<b>28</b> 11:00 AM <i>Catholic Mass (Lib)</i>	<b>29</b> 9:30 AM <i>Yoga Class (Aud)</i>  12:00 <i>Noon Buffet (MDR)</i>  7:00 PM <i>Fred Miller-Lectures- in-Song (Rodgers and Hart) (Aud)</i>	~~~~~ <b>SEE REVERSE SIDE FOR FITNESS CALENDAR</b> ~~~~~			<b>TABLE TENNIS - Monday &amp; Tuesday - 7:00 pm &amp; Saturdays - 10:00 am (Act Rm)</b> <b>BILLIARDS - Monday &amp; Tuesday - 7:00pm &amp; Saturdays - 9:00am</b> <b>DUPLICATE BRIDGE - 2nd &amp; 4th Fridays - 1:00 pm (Lib)</b> <b>PINOCHLE - Thursdays - 6:45 pm (Lib)</b> <b>ATTIC TREASURES - Fridays - 11 to 1; Last Saturday - 10 to 12 (GstHse)</b> <b>SWEET REPEATS - Fridays - 11 to 1; Last Saturday - 10 to 12 (GstHse)</b> <b>CRAFT ROOM - Mondays - 9:30-11:30 AM &amp; Wednesdays - 1:30 PM- 3:30 PM</b>

## FEBRUARY, 2012 MEADOWOOD FITNESS CALENDAR

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT/SUN**

**Please note: If you have signed a pool release – you may swim: Monday – Friday from 6am – 8pm and Saturday and Sunday from 6am – 5pm by using the combination code lock located outside the pool to gain access. This schedule indicates what hours each day the pool WILL BE ATTENDED by a member of the fitness staff. There will be no pool attendant on weekends.**

**At all unattended hours of operation – you may swim in the pool at your own risk.**

**PLEASE NOTE: The February Fitness calendar is subject to change as renovations to the new weight room area will probably be finished this month. Jim Mangol will keep you informed of any changes to this month's fitness programming through Channel 28 and a memo. Thank you for your understanding and patience.**

		<b>1</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics <b>11:00AM</b> Standing Aerobics <b>1 PM</b> T'ai Chi <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>2</b> <b>7:45</b> Ab & Back <b>9:00 AM</b> Strength Training <b>10:15 AM</b> Sit N' Fit(low impact) <b>11:00AM</b> ZUMBA  <b>1:00 PM</b> Aqua Strength & Balance	<b>3</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics <b>11:00AM</b> Standing Aerobics <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>4/5</b>  <b><u>Pool Open</u></b> <b>6:00am – 5:00pm</b>  <b>NO ATTENDANT</b>
<b>6</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics <b>11:00AM</b> Standing Aerobics <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>7</b> <b>7:45</b> Ab & Back <b>9:00 AM</b> Strength Training <b>9:30am</b> Yoga(Auditorium) <b>10:15 AM</b> Sit N' Fit(low impact) <b>11:00AM</b> ZUMBA  <b>1:00 PM</b> Aqua Strength & Balance	<b>8</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics <b>11:00AM</b> Standing Aerobics <b>1 PM</b> T'ai Chi <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>9</b> <b>7:45</b> Ab & Back <b>9:00 AM</b> Strength Training <b>10:15 AM</b> Sit N' Fit(low impact) <b>11:00AM</b> ZUMBA  <b>1:00 PM</b> Aqua Strength & Balance	<b>10</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics <b>11:00AM</b> Standing Aerobics <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>11/12</b>  <b><u>Pool Open</u></b> <b>6:00am – 5:00pm</b>  <b>NO ATTENDANT</b>
<b>13</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics <b>11:00AM</b> Standing Aerobics <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>14</b> <b>7:45</b> Ab & Back <b>9:00 AM</b> Strength Training <b>9:30am</b> Yoga(Auditorium) <b>10:15 AM</b> Sit N' Fit(low impact) <b>11:00AM</b> ZUMBA  <b>1:00 PM</b> Aqua Strength & Balance	<b>15</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics  <b>1 PM</b> T'ai Chi <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>16</b> <b>7:45</b> Ab & Back <b>9:00 AM</b> Strength Training <b>10:15 AM</b> Sit N' Fit(low impact) <b>11:00AM</b> ZUMBA  <b>1:00 PM</b> Aqua Strength & Balance	<b>17</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics <b>11:00AM</b> Standing Aerobics <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>18/19</b>  <b><u>Pool Open</u></b> <b>6:00am – 5:00pm</b>  <b>NO ATTENDANT</b>
<b>20/27</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics <b>11:00AM</b> Standing Aerobics <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>21/28</b> <b>7:45</b> Ab & Back <b>9:30am</b> Yoga(Aud. – <b>only 21<sup>st</sup></b> ) <b>10:15 AM</b> Sit N' Fit(low impact) <b>11:00AM</b> ZUMBA  <b>1:00 PM</b> Aqua Strength & Balance	<b>22/29</b> <b>9 AM</b> Stretch & Flex <b>9:30am</b> Yoga(Aud – <b>only 29th</b> ) <b>10 AM</b> Chair Aerobics <b>1 PM</b> T'ai Chi <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>23</b> <b>7:45</b> Ab & Back <b>10:15 AM</b> Sit N' Fit(low impact) <b>11:00AM</b> ZUMBA  <b>1:00 PM</b> Aqua Strength & Balance	<b>24</b> <b>9 AM</b> Stretch & Flex <b>10 AM</b> Chair Aerobics <b>11:00AM</b> Standing Aerobics <b>1:00-1:45pm</b> <b><u>POOL ATTENDED</u></b>	<b>25/26</b>  <b><u>Pool Open</u></b> <b>6:00am – 5:00pm</b>  <b>NO ATTENDANT</b>

SEE REVERSE SIDE FOR ACTIVITY CALENDAR