

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
FEBRUARY 2012	**Youth: 3-17 **Adults: 18-54 **Older Adults: 55+ Activity Room-AR Multi-Purpose Room-MR Kitchen-K Dining Room-DR Arts & Crafts Room-AC Fitness Room-FR Classrooms-CR1 or CR2 Lounge/Media Room-LM		8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 11:00-12:00 Puzzle Club-DR 12:20-12:50 Pilates-MR 1:00- 2:00 Diabetes Support Group-CR2 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Cardio/Strength/Stretch-MR	1 9:45-10:45 Young at Heart Rate-MR 11:00- 1:00 Congregate Meal-K/DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Beginner Tap-MR 3:00- 4:00 Wii Tournaments-AC 4:00- 5:00 Yoga-MR 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Pilates-MR 6:00- 7:00 TOPS Meeting-CR2 6:30- 7:30 Line Dancing-MR	2 8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 11:00-12:00 Puzzle Club-DR 12:20-12:50 Pilates-MR 1:00- 2:00 Diabetes Support Group-CR2 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Pilates-MR 6:00- 7:00 TOPS Meeting-CR2 6:30- 7:30 Line Dancing-MR	3 8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 7:00- 9:00 "Facing the Giants" Movie	4
	5 Opera Trip	6 8:30-9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 12:00- 2:30 Beach Club-DR 1:00- 2:00 Crochet Class-DR 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Step & Cardio-MR 6:00- 7:00 Manteo Rotary-DR	7 9:00-10:00 DCC Advisory Board-CR2 9:45-10:45 Young At Heart Rate-MR 11:00- 1:00 Congregate Meal-K/DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 SO Cheerleading Practice-MR 1:00- 3:00 Acrylic Painting Class-AC 1:30- 5:00 Piano Lessons-MR 3:00- 4:00 Lego Club-CR1 4:00- 5:00 Kids Sushi Rolling Class-K/DR 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Pilates-MR 6:00- 8:00 Lost Colony Meeting-CR2 6:30- 7:45 Intermediate Tap Class-MR	8 6:30-until Trip to Sports Fest 8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 11:00-12:00 Puzzle Club-DR 12:20-12:50 Pilates-MR 1:00- 2:00 Holy Yoga-MR 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Cardio/Strength/Stretch-MR	9 9:45-10:45 Young at Heart Rate-MR 11:00- 1:00 Congregate Meal-K/DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Beginner Tap-MR 1:00- 4:00 Piano Lessons-MR 3:00- 4:00 Wii Tournaments-AC 4:00- 5:00 Yoga-MR 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Pilates-MR 6:00- 7:00 TOPS Meeting-CR2 6:30- 7:30 Line Dancing-MR 7:00- 8:00 Jewelry Making Class-AC	10 8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 6:00- 7:00 Dinner-DR 7:00- 9:00 "Fireproof" Movie -MR	11
	12	13 8:30-9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 12:00- 2:30 Beach Club-DR 1:00- 2:00 Crochet Class-DR 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Step & Cardio-MR 5:30- 7:00 RI Writer's Group-CR2 6:00- 7:00 Manteo Rotary-DR	14 9:45-10:45 Young At Heart Rate-MR 11:00- 1:00 Congregate Meal-K/DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 SO Cheerleading Practice-MR 1:00- 3:00 Acrylic Painting Class-AC 1:30- 5:00 Piano Lessons-MR 3:00- 4:00 Lego Club-CR1 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Pilates-MR 6:30- 7:45 Intermediate Tap Class-MR	15 8:30- 9:30 Pilates-MR 9:00- 4:00 Craft Fair-LM/AC/CR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 11:00-12:00 Puzzle Club-DR 12:20-12:50 Pilates-MR 1:00- 2:00 Holy Yoga-MR 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Cardio/Strength/Stretch-MR	16 9:45-10:45 Young at Heart Rate-MR 10:00-11:00 DCC Book Club-LM 11:00- 1:00 Congregate Meal-K/DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Beginner Tap-MR 1:00- 4:00 Piano Lessons-MR 3:00- 4:00 Wii Tournaments-AC 4:00- 5:00 Yoga-MR 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Pilates-MR 6:00- 7:00 TOPS Meeting-CR2 6:30- 7:30 Line Dancing-MR	17 8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 4:45-until Admirals Hockey Trip 7:00-10:00 "Courageous" Movie -MR	18
	19	20 8:30- 9:30 Pilates-MR 9:30-12:00 FOY Jewelry Class-AC 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 1:00- 2:00 Crochet Class-DR 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Step & Cardio-MR 5:30-until Ping Pong Tournament-DR 6:00- 7:00 Manteo Rotary-AC	21 9:45-10:45 Young At Heart Rate-MR 11:00- 1:00 Congregate Meal-K/DR 11:30-12:00 Chair Aerobics-MR 1:30- 5:00 Piano Lessons-MR 3:00- 4:00 Lego Club-CR1 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Pilates-MR 6:30- 7:45 Intermediate Tap Class-MR	22 8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00-12:00 Puzzle Club-DR 11:00- 1:00 Congregate Meal-K/DR 12:20-12:50 Pilates-MR 1:00- 2:00 Holy Yoga-MR 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Cardio/Strength/Stretch-MR	23 9:45-10:45 Young at Heart Rate-MR 11:00- 1:00 Congregate Meal-K/DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Beginner Tap-MR 3:00- 4:00 Wii Tournaments-AC 4:00- 5:00 Yoga-MR 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Pilates-MR 6:00- 7:00 TOPS Meeting-CR2 6:00- 7:00 Sushi Rolling Class-K/DR 6:30- 7:30 Line Dancing-MR	24 8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 7:00-10:00 "50 & Footloose" Dance-MR	25
	26	27 8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00- 1:00 Congregate Meal-K/DR 12:00- 2:30 Beach Club-DR 1:00- 2:00 Crochet Class-DR 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Step & Cardio-MR 6:00- 7:00 Manteo Rotary-DR	28 9:45-10:45 Young At Heart Rate-MR 11:00- 1:00 Congregate Meal-K/DR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 SO Cheerleading Practice-MR 1:30- 5:00 Piano Lessons-MR 3:00- 4:00 Lego Club-CR1 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Pilates-MR 6:30- 7:45 Intermediate Tap Class-MR	29 8:00- 9:00 B&G Breakfast-DR/K 8:30- 9:30 Pilates-MR 9:45-10:45 Young at Heart Rate-MR 11:00-12:00 DCC Boot Camp-MR 11:00-12:00 Puzzle Club-DR 11:00- 1:00 Congregate Meal-K/DR 12:20-12:50 Pilates-MR 1:00- 2:00 Holy Yoga-MR 1:00- 4:00 Bridge-LM 5:00- 7:00 Open Activity Room-AR 5:15- 6:15 Cardio/Strength/Stretch-MR			