



February



2010

**Monthly Calendar
Of Events**

Every Week at FOCUS....

Monday

8:30 AM	Advanced Line Dancing
9 AM	Oil Painting Class
10:30 AM	Senior Exercise
12:00 PM	Dominoes
12:30	RSVP Singers
3:30	Tai Chi
7 PM	Senior Dance <i>(live music by Hurdis Lake & The Choctaws)</i>

Tuesday

8:30 AM	BINGO
9 AM	RSVP Quilters
9 AM	Computer Class
10 AM	PACE: Arthritis Exercise
10:30	Bible Study
1:30 PM	Bridge

Wednesday

8:30AM	Line Dancing Beginners
9:45 AM	Line Dancing Advanced
10 AM	Kiwanis Club Meeting
10:30 AM	Senior Exercise
1PM	Canasta

Thursday

8:30 AM	Sew N Sews
9 AM	Mexican Train Dominoes & other games
9AM	Computer Class
10 AM	PACE: Arthritis Exercise
12:00 PM	Dominoes (TV Lobby)
12:30 PM	Crochet & Knitting
1:30 PM	Bridge

Friday

9 AM	Canasta
10:30 AM	Senior Exercise
12 PM	Dominoes

MS. Senior Tuscaloosa

Contestants Being Sought

Applications & Tickets available!

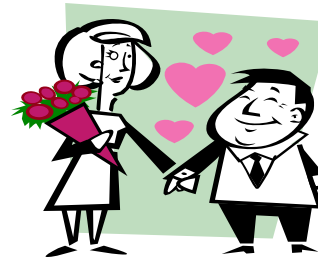
Applications for the Ms. Senior Tuscaloosa Pageant are still available. Women age 60 or above may participate. The 2010 pageant is scheduled for March 12, 2010 at 6pm. Please see or call Linda For more details or an application. FOCUS 758-3393
Tickets: \$5 advanced or \$7 at the door



AARP Driver Safety Program

February 3th & 4th
9am-1pm

AARP Driver's Safety Course offers you a chance to save money on your car insurance if, you are age 55 or above, call and sign up for the course. The cost is \$12 (AARP members, *must* present card at the time of class) & \$14 (Non-members). You must attend both days to earn your certification. If you cannot attend this session, the next session will be offered May. Call Linda at FOCUS on Senior Citizens 758-3393 to register.



**HAPPY VALENTINE'S
DAY
FROM
FOCUS STAFF!!!!**

SPECIAL EVENTZ

Valentine Card Making



*Friday, February 13th
10a.m.*

*Come enjoy coffee and morning refreshments to
celebrate Valentine's Day! Make beautiful cards to
give as gifts this Valentine's Day!!
Class instructor: Rose Marie Stutts*

**Reservations required, please see or call Linda
758-3393 to reserve your spot today!
This event is free and everyone is welcome!*

Don't forget to wear your red & pink!

It's Heart Month

Tuesday, February 23rd

9am-11:30am

FREE!

FREE!

February is American Heart Month, so check your blood pressure! It's easy
just stop by the FOCUS Lobby for Heart Day Tuesday, February 23rd

February Group Meetings

Grandparents United- February 2 at 11am
American Legion - February 2 at 6pm
Widowed Persons Services- CANCELED
AARP— February 16 at 10am
OASIS- February 16 at 1:30 pm
UAW Retirees— February 18 at 2pm

Senior Tour

February



February 6th

Millbrook, AL

Mardi Gras Parade & shopping

February 12th

Philadelphia, MS

Lunch @ Silver Star

February 20th

Boaz, AL

Outlet shopping & lunch @ Ryans

February 27th

Tuscumbia, AL

Ivy Green

Alabama Music Hall of Fame

Lunch @ Ezzell's





Will we have 6 more weeks
of winter??

Come find out with us

Tuesday, February, 2nd
1:00 pm

Movie and Popcorn
Feature Presentation

Ground Hog's Day
With
Bill Murry



Save the Date...

With Valentine's Day falling on a Sunday this year, restaurants are likely to fill up early. Check out special holiday menus and book a table as soon as possible for you and your sweetheart!



**Mardi Gras
Celebration**

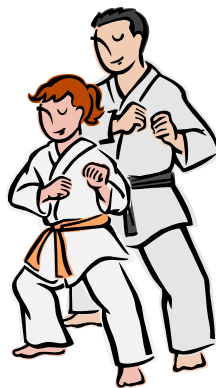
Tuesday, February
16th 10:30-11:30 am

It's Mardi Gras Day! Stop by
FOCUS on Senior Citizen's for
a "jazzy" time! Have a slice of King cake or a taste of Cajun
cooking! Also, pick-up some beads & moon pies while they
last. Spin the *FOCUS Fun Wheel* for a chance to win a Mardi
Gras souvenir!!! FREE and everyone is welcome to stop by!
See you there!!!!

Personal Protection Class

February Date: TBA

This class will be targeted to
senior citizens and there
individual abilities to protect
themselves
in times of danger! Class
instructor will be Grand
Master James Bailey



Senior Health: CPR non-certification class

Wednesday, February 24th
9:00-10:00am

This program is FREE and open to the public. Reservations required with limited availability. Light refreshments will be served. For more information, call 758-3393. See you there! Program provided by Debra York from FOCUS.