The Rec Room
SENIOR PROGRAM
Tuesdays 9:30AM-12:30PM
February Calendar

MERRIMAC & MAIN

SHP

TUE, FEB 3RD

Cards & Board Games
9:30AM-12:30PM

Play cards or our board games.

help

Tech Help for YOU
10:30AM-11:30AM

Get one-on-one from tech expert, Izzy Vaughan.

Sleep in Heavenly Peace Twin Bedding Drive Drop-Off
9:30am to 6pm EVERY FEB Tuesday

Drop off new twin bedding at Merrimac & Main between 9:30am and 6pm EVERY TUESDAY in February! SHP is a charity that gives bed frames and bedding to local children in need for free!

TUE, FEB 10TH

Morning Stretch
10:00AM-10:20AM

Nancy Anderson from **Exhale** will lead a stretching class for all levels and mobility.

EXHALE FITNESS & NUTRITION

help

Tech Help for YOU
10:30AM-11:30AM

Get one-on-one from tech expert, Izzy Vaughan.

OATS | OLDER ADULTS TECHNOLOGY SERVICES
FROM AARP

Passwords, Passkeys and More
11:30AM-12:30PM

Learn from Nancy Ashmore from the Dodgeville Library about everything password related!

TUE, FEB 17TH

Valentines Potluck
11:30AM-12:30PM

Bring a dish to pass and share a meal! Can't cook? We always need help with dishes!

Mah Jong
9:30AM-12:30PM

A classic tile-based game of strategy, skill, and a little luck. Teachers available to help you learn!

TUE, FEB 24TH

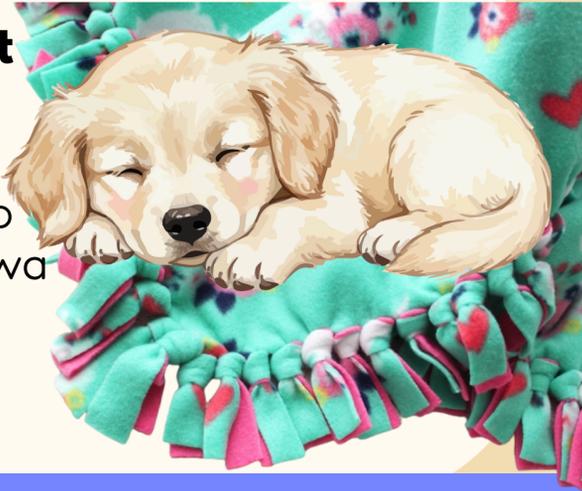### Morning Stretch AND Heart Health Talk
10:00AM-11:00AM

Nancy Anderson from **Exhale** will join us for a morning stretch and give a talk about keeping your heart healthy.

EXHALE FITNESS & NUTRITION

DIY Fleece Tie Blanket
11:00AM-12:30PM

Join us in making DIY Fleece Tie Blankets to be donated to the Iowa County Humane Society. Materials Provided.

*SCHEDULE SUBJECT TO CHANGE, CHECK WEBSITE, MAILING LIST, OR SOCIAL MEDIA FOR UPDATES

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Activities free for Seniors / Non-Seniors $2+ Suggested Donation