



60 Plus 2010 Winter Program

1. Crafts Club
9:30 a.m.
Each Monday (except holidays)
Allegany Senior Center
2. General Meetings
2:00 p.m.
Second and Fourth Tuesdays
Allegany Senior Center
3. Walking Program
1:00 - 2:15 p.m.
January 4 - March 31 **(except 1/18)**
Each Monday, Wednesday & Friday
Fourth & Maple LLC Gym
4. Swimming Program
January 25 - March 24 **(except 2/15)**
6:15 - 8:15 p.m.
Each Monday and Wednesday
Allegany-Limestone High School Pool
5. Terrine Dinner
1:00 p.m.
Tuesday, February 9
Allegany Senior Center
6. Learn and Play Bridge
11:30 a.m. - 3:00 p.m.
January 22 - April 23 **(except 4/09)**
Fee: \$3 each time
Each Friday
Allegany Senior Center
Pre-registration required
7. Adult Open Gym
9:30 - 11:00 a.m.
January 5 - March 30
Each Tuesday and Thursday
Fourth & Maple LLC Gym
8. Safe Driving Class
9:00 a.m. - 4:30 p.m.
Thursday, March 11
Allegany Senior Center
Info: Bring driver's license, current AARP card (if you have one), and bag lunch.
Fee: \$12 AARP Members/\$14 Non-AARP Members
9. Eucher
approximately 3:30 p.m.
after Regular 60 Plus meetings
each 2nd and 4th Tuesday
Allegany Senior Center
10. Tie Ching (Easy Yoga Exercise)
11:00 a.m. - 12:00 p.m.
January 25 - March 8
Features: Stretching, slow movement with breathing, tie ching forms, body energy work
Mondays
Fourth & Maple LLC Gym
Fee: \$ 5.00 per person each time
11. Photography (Digital Cameras)
10:00 a.m. - 12:00 p.m.
February 10
Features: Learn how to transfer digital photos to computer
Wenesday
Allegany Senior Center
Co-sponsored by Martin Studio
12. Bus Trips: TBA
13. Wii Video Game System Bowling Tournament
10:30 a.m. - 12:00 p.m.
Thursday
March 18 @ the Allegany Senior Center