



Mastick Senior Center *2023 Special Events Calendar*

FEBRUARY

- WED 1 **Movie Matinee: Let Them Talk**
12:30 p.m. – 2:30 p.m., Dining Room 2
- FRI 3 **Movie Club: Groundhog Day**
10:00 a.m. – 12:00 p.m., via Zoom
- TUE 7 **A Matter of Balance: Managing Concerns about Falling**
Tuesdays & Thursdays, Feb. 7 – March 2,
10:00 a.m. – 12:00 p.m., Room D
Book Club: The Lost Apothecary
12:15 p.m., Dining Room 2
Transportation 101 – Safe Driving with A.P.D.
1:00 p.m. – 3:00 p.m., Room D
- THUR 9 **New Member Orientation**
10:30 a.m., Media Room
How Do We Tell Mom and Dad? What Do We Tell the Kids?
1:30 p.m. – 2:30 p.m., Room D
- TUE 14 **Create a Secure Future: Advance Health Care Directives**
10:00 a.m. – 11:00 a.m., Room D
- WED 15 **Movie Matinee: True Spirit**
10:00 a.m. – 12:00 p.m., via Zoom
Senior Connections & Resources
1:00 p.m., Room D
- THUR 16 **Teens Teaching Technology**
4:00 p.m. – 5:00 p.m., Room C
- MON 20 **Center Closed for Presidents' Day**
- TUE 21 **Hop on the Bus with Us!**
1:00 p.m., Game Room/Offsite
- WED 22 **Diabetes Support Group**
10:00 a.m., Room D
- THUR 23 **Birthday Celebration**
12:30 p.m., Dining Room 2
Music Appreciation
1:30 p.m., Dining Room 2
- TUE 28 **Alexander Technique: Self-help for Spine and Back Health**
Tuesdays, Wednesdays & Thursdays, Feb. 28 – March 9,
3:00 p.m. – 4:30 p.m., via Zoom
Yoga for Bone Health
Feb. 28 – April 18, 5:00 p.m. – 6:00 p.m., Social Hall