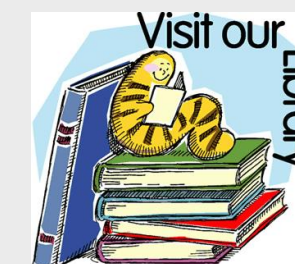


CARES Eifers Center - FEBRUARY 2018

4136 Barker Drive • New Port Richey, Florida **727-847-1290** www.CARESFL.org

SS: Identifies Silver Sneakers Classes



The AVERY BRANCH LIBRARY
is part of the City of NPR Library System and located in CARES Eifers Center! Hours are Mon. 12PM - 4PM, Wed. 12PM - 4PM & Friday 9AM - 12PM



A great way to spend the day!
CARES ADULT DAY CARE SERVICES
PLEASE CALL FOR PRIVATE PAY RATES
• New Port Richey 727-844-3077
• Dade City 352-518-9300

If you cannot afford to pay call THE HELPLINE at 1-800-963-5337 for Florida state funding criteria.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid blue; padding: 5px; width: 25%;"> <p><i>Please Plan to Attend . . .</i> A LUNCH & LEARN With North/Meadowlawn Funeral Home & Memorial Gardens Tuesday, February 27, 11:30 to 12:30 Call Javier at 727-849-9281 to reserve your space!</p> </div> <div style="width: 25%; text-align: center;"> <p>COMPUTER LESSONS also . . . Cameras, Tablets, Computers and Phones</p> <p>Tuesday, Wednesday, Thursday 8 am - 2 pm Call 727-847-6868 to schedule an appointment with Bob Hubach.</p> </div> <div style="width: 50%;"> <p>1 8-11:30 Hand Quilters for CARES 9-10 SS Balance & Beyond 10:15 -11:15 Silver Sneakers Classic 11:30-3 Bridge, Canasta (\$3) 11:30-12:30 Enhanced Fitness Must already be attending. 2-4 Health & Wellness</p> <p>2 7:30-11:30 Stained Glass (\$3) 9-12 Library Open 9-12 SHINE (by appt. only) 9-9:45 Yoga chair or floor 10:30-12 Dance Class for Active Couples-Waltz (\$6 per couple) 11-11:45 Gentle Exercise (\$3) 12-3 Mahjong Play (\$3) Go Red - Wear Red Awareness for Women's Heart</p> <p>3 9-10 am (\$5) Dance Fitness w/Kim 11:30-12:30 Enhanced Fitness Must already be attending. 12 week course.</p> </div> </div>						
4 Noon: NPR Stamp Club Meeting Public Invited 	5 8:45 Tai Chi Beginners (\$3) 9:30 Tai Chi Advanced (\$3) 10-1 Beginning Knitting (\$3) 10:30-11:30 SS Circuit 11-11:45 Gentle Exercise (\$3) 12-4 Library Open 12-2:30 Portrait Class/Live Models (\$3) 1-3:30 Bingo	6 8-11:30 Hand Quilters for CARES 10-11 Silver Sneakers Classic 11:30-12:30 Enhanced Fitness Must already be attending. 12:30-1:15 Balance for Seniors (\$8) 2-4 Health & Wellness 6:30-7:30 Dance Fitness w/Kim (\$5)	7 8-10 Wood Carvers-Library (\$3) 10:15-11:15 SS Yoga Stretch 10-2 Library Open 1-3 Instructed Art (\$5)	8 8-11:30 Hand Quilters for CARES 9-10 SS Balance & Beyond 10:15 -11:15 Silver Sneakers Classic 11:30-3 Bridge, Canasta (\$3) 11:30-12:30 Enhanced Fitness Must already be attending. 2-4 Health & Wellness	9 7:30-11:30 Stained Glass (\$3) 9-12 Library Open 9-9:45 Yoga chair or floor 11-11:45 Gentle Exercise (\$3) 12-3 Mahjong Play (\$3) 1-2:30 Dance Class for Active Couples-Waltz (\$6 per couple)	10 9-10 am (\$5) Dance Fitness w/Kim 11:30-12:30 Enhanced Fitness Must already be attending. 12 week course.
11	12 8:45 Tai Chi Beginners (\$3) 9:30 Tai Chi Advanced (\$3) 10-12 Beginning Knitting (\$3) 10:30-11:30 SS Circuit 11-11:45 Gentle Exercise (\$3) 12-4 Library Open 12-2:30 Portrait Class/Live Models (\$3) 1-3:30 Bingo	13 8-11:30 Hand Quilters for CARES 10-11 Silver Sneakers Classic 11:30-12:30 Enhanced Fitness Must already be attending. 12:30-4 St. John's Hearing (by appt.) 12:30-1:15 Balance for Seniors (\$8) 2-4 Health & Wellness 6:30-7:30 Dance Fitness w/Kim (\$5)	14 8-10:00 Wood Carvers-Library (\$3) 10:15-11:15 SS Yoga Stretch 10-2 Library Open 1:00 Book in a Bag Book Club 1-3 Instructed Art (\$5) 1-4 Bay Area Legal (by appt.) <i>Happy Valentine's Day</i>	15 8-11:30 Hand Quilters for CARES 9-10 SS Balance & Beyond 10:15 -11:15 Silver Sneakers Classic 11:30-3 Bridge, Canasta (\$3) 11:30-12:30 Enhanced Fitness Must already be attending. 2-4 Health & Wellness 6-8 pm Girl Scouts	16 7:30-11:30 Stained Glass (\$3) 9-12 Library Open 9-12 SHINE (by appt. only) 9-9:45 Yoga chair or floor 11-11:45 Gentle Exercise (\$3) 12-3 Mahjong Play (\$3) 1-2:30 Dance Class for Active Couples-Waltz (\$6 per couple)	17 9-10 am (\$5) Dance Fitness w/Kim 11:30-12:30 Enhanced Fitness Must already be attending. 12 week course.
18 Noon: NPR Stamp Club Meeting Public Invited 	19 8:45 Tai Chi Beginners (\$3) 9:30 Tai Chi Advanced (\$3) 10-12 Beginning Knitting (\$3) 10:30-11:30 SS Circuit 11-11:45 Gentle Exercise (\$3) 12:00-4:00 Library Open 12-2:30 Portrait Class/Live Models (\$3) 1-3:30 Bingo	20 8-11:30 Hand Quilters for CARES 10-11 Silver Sneakers Classic 11:30-12:30 Enhanced Fitness Must already be attending. 12:30-1:15 Balance for Seniors (\$8) 2-4 Health & Wellness 6:30-7:30 Dance Fitness w/Kim (\$5)	21 8-10 Wood Carvers-Library (\$3) 10:15-11:15 SS Yoga Stretch 10-2 Library Open 1-3 Instructed Art (\$5)	22 8-11:30 Hand Quilters for CARES 9-10 SS Balance & Beyond 10:15 -11:15 Silver Sneakers Classic 11:30-3 Bridge, Canasta (\$3) 11:30-12:30 Enhanced Fitness Must already be attending. 2-4 Health & Wellness	23 7:30-11:30 Stained Glass (\$3) 9-12 Library Open 9-9:45 Yoga chair or floor 11-11:45 Gentle Exercise (\$3) 12-3 Mahjong Play (\$3) 1-2:30 Dance Class for Active Couples-Waltz (\$6 per couple)	24 9-10 am (\$5) Dance Fitness w/Kim 11:30-12:30 Enhanced Fitness Must already be attending. 12 week course.
25	19 8:45 Tai Chi Beginners (\$3) 9:30 Tai Chi Advanced (\$3) 10-12 Beginning Knitting (\$3) 10:30-11:30 SS Circuit 11-11:45 Gentle Exercise (\$3) 12:00-4:00 Library Open 12-2:30 Portrait Class/Live Models (\$3) 1-3:30 Bingo	27 8-11:30 Hand Quilters for CARES 10-11 Silver Sneakers Classic 11:30-12:30 Enhanced Fitness 11:30-12:30 LUNCH & LEARN with Meadowlawn. Call Javier at 727-849-9281 12:30-1:15 Balance for Seniors (\$8) 2-4 Health & Wellness 6:30-7:30 Dance Fitness w/Kim (\$5)	28 8-10 Wood Carvers-Library (\$3) 10:15-11:15 SS Yoga Stretch 10-2 Library Open 1-3 Instructed Art (\$5) 1-4 Bay Area Legal (by appt.)	<p>Upcoming Events in March</p> <ul style="list-style-type: none"> ◆ Casino / Game Day: March 3rd, 1-6 pm (Food, Games & Prizes) ◆ Dinner & Dancing: March 30th, 6-9 pm ◆ St. Patrick's Day Celebration: March 16th (Watch for more information) ◆ Health Seminar: Date/Time TBD: Seminars will be held once a month and will focus on health topics for older adults. 		

CARES Rao Musunuru, M.D. Enrichment Center - FEBRUARY 2018

12417 Clock Tower Parkway • Hudson, Florida **727-863-6868** www.CARESFL.org

Room Location Key:
 AC: Arts & Crafts Room
 TR: Small Office
 MC: Rao Musunuru M.D.
 Activity Center
 GR: Garden Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AARP Tax-Aide™ IT'S THAT TIME AGAIN! AARP will help prepare your taxes free of charge! For more information, there is a very special phone number to call, simply dial 2-1-1 on your telephone.</p>			<p>CALL 2-1-1 FOR AN APPOINTMENT AT CARES Rao Musunuru, M.D. Enrichment Center Tuesday, Fridays & Saturdays 9 am - 1 pm</p>		<p>1 8:30-11 Crafter's Group-AC 10-11 Tai Chi-MC (\$3) 12:00 Rotary-MC 6-8 pm Computer Lessons-AC</p>	<p>2 8:45-9:45 Silver Sneakers-MC 9-1 Income Tax Preparation-AC (by appt. only) 10-11 Line Dancing-MC (\$3) 11:00 Hudson Stompers-MC (\$3) 1:00-4:00 Health & Wellness-MC</p>
<p>4 10-12 Choice Hearing-AC 10-11 Tai Chi-MC (\$3) 11:30-12:30 Silver Sneakers-MC 1:30-2:30 Health & Wellness Classes/ Tai Chi Moving for Better Balance (Must be registered for the class)</p>	<p>5 9-10 Silver Sneakers-MC 9-1 Income Tax Preparation-AC (by appt. only) 11-3 Rug Hookers-MC (\$3) 1-4 Bay Area Legal (by appt. only) 6-8 pm Computer Lessons-AC 6-7 pm Belly Dancing-MC (\$10)</p>	<p>6 9-10 Zumba-MC (\$3) 9:30-11 Doll Making-AC 11-12 Beginner Line Dance-MC (\$3) 1:30-2:30 Health & Wellness Classes/ Tai Chi Moving for Better Balance (Must be registered for the class) 6-7 pm Yoga-MC (\$3)</p>	<p>7 8:30-11 Crafter's Group-AC 10-11 Tai Chi-MC (\$3) 12:00 Rotary-MC 6-8 pm Computer Lessons-AC</p>	<p>8 8:45-9:45 Silver Sneakers-MC 9-1 Income Tax Preparation-AC (by appt. only) 10-11 Line Dancing-MC (\$3) 11:00 Hudson Stompers-MC (\$3)</p>	<p>9 9-1 Income Tax Preparation-AC (by appt. only) 10:00-11:00 Yoga-MC (\$3) 3-5:30 Health & Wellness Classes</p>	
<p>11 9-11 St. John's Hearing-AC 10:00-11:00 Tai Chi-MC (\$3) 11:30-12:30 Silver Sneakers-MC 1:30-2:30 Health & Wellness Classes/ Tai Chi Moving for Better Balance (Must be registered for the class)</p>	<p>12 9-10 Silver Sneakers-MC 9-1 Income Tax Preparation-AC (by appt. only) 11-3 Rug Hookers-MC (\$3) 6-8 pm Computer Lessons-AC 6-7 pm Belly Dancing-MC (\$10)</p>	<p>13 9-10 Zumba-MC (\$3) 9:30-11 Doll Making-AC 11-12 Beginner Line Dance-MC (\$3) 1:30-2:30 Health & Wellness Classes/ Tai Chi Moving for Better Balance (Must be registered for the class) 6-7 pm Yoga-MC (\$3)</p>	<p>14 8:30-11 Crafter's Group-AC 10-11 Tai Chi-MC (\$3) 12:00 Rotary-MC 3-5 Create Your Dreams Painting-AC (\$15 Supplies provided. Call to reserve) 5:30-9 Reiki Blast)-MC (\$3) (Reiki practitioners Only) 6-8 pm Computer Lessons-AC</p>	<p>15 8:45-9:45 Silver Sneakers-MC 9-1 Income Tax Preparation-AC (by appt. only) 10-11 Line Dancing-MC (\$3) 11:00 Hudson Stompers-MC (\$3)</p>	<p>16 9-1 Income Tax Preparation-AC (by appt. only) 10-11 Yoga-MC (\$3) 3-5:30 Health & Wellness Classes</p>	
<p>18 8-11 am Beltone Hearing Clinic-AC 10-11 Tai Chi-MC (\$3) 11:30-12:30 Silver Sneakers-MC 1:30-2:30 Health & Wellness Classes/ Tai Chi Moving for Better Balance (Must be registered for the class)</p>	<p>19 9-10 Silver Sneakers-MC 9-1 Income Tax Preparation-AC (by appt. only) 11-3 Rug Hookers-MC (\$3) 1:00-4:00 Bay Area Legal (by appt. only) 6-8 pm Computer Lessons-AC 6-7 pm Belly Dancing-MC (\$10)</p>	<p>20 9-10 Zumba-MC (\$3) 9:30-11 Doll Making-AC 11-12 Beginner Line Dance-MC (\$3) 12:30-3:30 Genealogy Society (Speaker / Deanna Bennet) 1:30-2:30 Health & Wellness Classes/ Tai Chi Moving for Better Balance (Must be registered for the class) 6-7 pm Yoga-MC (\$3)</p>	<p>21 8:30-11:00 Crafter's Group-AC 10:00-11:00 Tai Chi-MC (\$3) 12:00 Rotary-MC 6-8 pm Computer Lessons-AC</p>	<p>22 8:45-9:45 Silver Sneakers-MC 9-1 Income Tax Preparation-AC (by appt. only) 10-11 Line Dancing-MC (\$3) 11:00 Hudson Stompers-MC (\$3)</p>	<p>23 9-1 Income Tax Preparation-AC (by appt. only) 10-11 Yoga-MC (\$3) 3-5:30 Health & Wellness Classes</p>	
<p>25 10-11 Tai Chi - MC 10-12 Choice Hearing Clinic-AC 11:30-12:30 Silver Sneakers - MC 1:30-2:30 Health & Wellness Classes/ Tai Chi Moving for Better Balance (Must be registered for the class)</p>	<p>26 9-10 Silver Sneakers-MC 9-1 Income Tax Preparation-AC (by appt. only) 11-3 Rug Hookers-MC (\$3) 6-8 pm Computer Lessons-AC 6-7 pm Belly Dancing-MC (\$10)</p>	<p>27 9-10 Zumba-MC (\$3) 9:30-11 Doll Making-AC 11-12 Beginner Line Dance-MC (\$3) 1:30-2:30 Health & Wellness Classes/ Tai Chi Moving for Better Balance (Must be registered for the class) 6-7 pm Yoga-MC (\$3)</p>	<p>The following Health & Wellness Classes will be offered FREE at the CARES Rao Musunuru, M.D. Enrichment Center. You must be pre-registered to attend call 727-863-6868.</p> <ul style="list-style-type: none"> ♦ Chronic Pain Self Management Program: Learn techniques to deal with problems such as frustration, fatigue, isolation and poor sleep. Classes are 6 Saturdays, 3-5:30 p.m. February 10th to March 17th ♦ Diabetes Self Management Program: This program has proven to be effective for those dealing with Type 2 Diabetes. The classes are 6 Saturdays, 3-5:30 p.m. March 24th to April 28th 			



Volunteers Needed...



Would you like to instruct a class, give a lecture or host an event for CARES? Call Diana at (727) 862-9291 to discuss your ideas.



SHINE is a program offered by the Florida Department of Elder Affairs and your local Area Agency on Aging. Specially trained volunteers can assist you with your Medicare, Medicaid, and health insurance questions by providing one-on-one counseling and information. SHINE services are FREE, unbiased, and confidential.

CALL FOR AN APPOINTMENT 1-800-963-5337 AT CARES Rao Musunuru, M.D. Enrichment Center OR CARES Elders Center