

Special Events Happening at Heritage Center during February

Feb. 7 – Make Your Own Valentines. This \$10 workshop scheduled for 1:00 – 3:00 p.m. will be led by Wendy Smith, a professional card crafter. Participants will create 3-5 different valentine cards with mailing envelopes. All materials and instructions will be provided. Please register by Feb. 5.

Feb. 8 - Lunch at Meadow Ridge and tour of their "Ridge Crest" rehab facility. Free. Their van will transport us from Heritage Center (11:30 a.m.) and bring us back (2:15 p.m.). This is an opportunity for you to learn about their rehab center before such a need should arise. Register at Heritage Center office by Feb. 6.

Feb. 13 – We're adding another session of "Fitness to Fit You" as per participants' request. The session is scheduled for 9 -10 a.m. on Tuesdays. This is a "happy class" that has participants gaining fitness in a fun way. Join the fun on Tues. and /or Fri. morning.

Feb. 21 -RVNA presents "Balance Matters" @1:00 p.m. This free program given by a physical therapist will focus on keeping safe and identifying the factors that are notable when one is at high risk for falling. Balance exercises and instructions on "how to fall" will be given. Qualifications for out patient rehab will also be noted. Register by Feb. 19.

Feb. 26 - Lunch 'n Learn. 12 noon. Topic: "Leaving a Legacy". Ryan Ventura of First Light Home Care will discuss the elements of a legacy (not just \$\$), why it's needed, and how to get started on your personal legacy. Join us for lunch (soup and a sandwich for \$3.00) then learn about this topic and participate in the discussion. Register by Feb. 22.

Join Weight Watchers - A new group is beginning @ Meadow Ridge by Feb. 23 and you're invited to join. Fee: \$198.00 for 20 weeks. Contact Anita Taylor @ Meadow Ridge [\(203\)544-7733 x622](tel:2035447733x622) for more info. and to register.

Please note... there will be only two "Yoga for the Rest of Us" classes this month: **Feb. 13 and 27.**

Heritage Center will be closed Feb. 19th in honor of Presidents' Day.

Spanish Classes will resume Feb. 13

Contact Heritage Center office (203) 938-9725 for more information about programs and to register for events and/or classes.