

February 2009: Highland Adult Activity Center: 209 North John Street, Highland, MI 48357 ♦ Office: (248) 887-1707 ♦
 Transportation: (248) 887-4979 ♦ Nutrition: (248) 887-4694 ♦ Bldg. 2: Highland Station House, 205 W. Livingston Rd, Highland, MI 48357
 ♦ Lunch is served Monday – Friday at 11:45 a.m. 48-hour notice is needed for reservations. ♦ Cards are played daily at 9:00 a.m. bldg.2. Revision # 15

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. 12:30 BINGO</p> <p>➤ 1:00 Genealogy Assistance--by appointment</p> <p>➤ 6:30-9:30 pm Cards</p>	<p>3. <i>National Carrot Cake Day</i></p> <p>➤ Snack: Carrot Cake</p> <p>➤ 10:00 CRAFT DAY</p> <p>➤ 11:00 Exercise</p> <p>➤ 12:30 Rubber Bridge</p>	<p>4.</p> <p>➤ 10:00 Blood Pressure Checks</p> <p>➤ 10:00-11:00 Basic Computing-by appt only</p> <p>➤ 12:30 BINGO</p> <p>➤ 7:00 Coin Club</p>	<p>5. <i>Muffin Mania Week</i></p> <p>➤ TRIP: 9:15 Shopping in Novi, lunch on your own, \$6</p> <p>➤ 9:30 Ask the Twp Supervisor</p> <p>➤ 10:00 Red Hat Meeting</p> <p>➤ 11:00 Exercise</p> <p>➤ 11:30 Trivia and Muffins with Police</p>	<p>6. <i>Month of Snack Food</i></p> <p>➤ 10:00 Quilt Club, Bldg. 2</p> <p>➤ 10:00 Pet Therapy</p> <p>➤ 12:30 Movie and Popcorn "Bonneville"</p> <p>➤ 2:00 Awareness thru Movement, Bldg. 2, \$6</p>
<p>9. <i>Jello Week</i></p> <p>➤ 10:00 SPEAKER: "Insurance Coverage" by Farm Bureau</p> <p>➤ Snack: Jello and Whip Cream</p> <p>➤ 12:30 BINGO</p> <p>➤ 6:30-9:30 pm Cards</p>	<p>10. <i>National Fiber Focus Month</i></p> <p>➤ TRIP: 9:00 Breakfast at Brighton's "The Breakfast Club" and a Movie at Howell Senior Center "Young At Heart", breakfast on your own, \$6</p> <p>➤ 11:00 Exercise</p> <p>➤ 12:30 Rubber Bridge</p> <p>➤ 6:30 Highland Car Nuts</p>	<p>11. 10:00 Blood Pressure Check</p> <p>➤ 10:00-11:00 Basic Computing-by appt only</p> <p>➤ 10:00 Blood Sugar Check</p> <p>➤ EVENT: 11:30 Birthday and Anniversary Party</p> <p>➤ 12:00 TRIP: DIA film and Brown Bag Lunch, Free @ the Station House</p> <p>➤ 12:30 BINGO</p>	<p>12.</p> <p>➤ 9:15 Texture 7 Salon, Sign up with Beverly!</p> <p>➤ EVENT 11:00 VALENTINE'S PARTY with Entertainer Mario Messina, \$4 (celebrate by wearing RED)</p> <p>➤ 3:30-5:00 pm Line Dancing, \$3</p>	<p>13. <i>Month of Library Lovers</i></p> <p>➤ 9:00-2:00 Tax Preparation by appt. only</p> <p>➤ SPEAKER 9:30 "Free Library Services" by Highland Library</p> <p>➤ 10:00 Quilt Club, Bldg. 2</p> <p>➤ 10:00 Pet Therapy</p> <p>➤ 12:30 Movie and Popcorn "Road to Perdition"</p> <p>➤ 2:00 Awareness thru Movement, Bldg. 2, \$6</p>
<p>16.</p> <p align="center">PRESIDENT'S DAY</p> <p align="center">HIGHLAND ADULT</p> <p align="center">ACTIVITY CENTER IS</p> <p align="center">CLOSED</p>	<p>17. <i>World Cabbage Day</i></p> <p>➤ TRIP: 10:30 Tour Meadowbrook Hall and lunch on your own, \$21</p> <p>➤ Snack: Cabbage Soup</p> <p>➤ 11:00 Exercise</p> <p>➤ 12:30 Rubber Bridge</p>	<p>18.</p> <p>➤ 10:00 Blood Pressure Checks</p> <p>➤ 10:00-11:00 Basic Computing-by appt only</p> <p>➤ 10:00 Ask the Pharmacist</p> <p>➤ 12:30 BINGO</p> <p>➤ TRIP: 18th-26th Florida-Jacksonville-St. Augustine & Amelia Island \$1199 by Shoreline Tours</p>	<p>19. <i>National Chocolate Mint Day</i></p> <p>➤ 11:00 Exercise</p> <p>➤ 11:45 Trivia and Chocolate Mints</p> <p>➤ 12:30 Armchair Travel</p> <p>➤ EVENING CLASS: 7:00 p.m. Digital Photography Class #1 with Greg Green, \$8</p>	<p>20. 10:00 Pet Therapy</p> <p>➤ 10:00 Quilt Club, Bldg. 2</p> <p>➤ 10:00 "Ask the Lawyer" by appointment only</p> <p>➤ 12:30 Movie and Popcorn "Moondance Alexander"</p> <p>➤ 2:00 Awareness thru Movement, Bldg. 2, \$6</p> <p>➤ EVENING EVENT: 5:00-7:00 p.m. Pancake Supper Fundraiser</p>
<p>23. <i>Nat'l Banana Bread Day</i></p> <p>➤ TRIP: 11:00 a.m. Independence Village of White Lake, Tour, Lunch and Event, \$6</p> <p>➤ Snack: Banana Bread</p> <p>➤ 12:30 BINGO</p> <p>➤ 6:30-9:30 pm Cards</p>	<p>24. <i>Hot Breakfast Month</i></p> <p>➤ 9:00 Hot Oatmeal or Hot Farina</p> <p>➤ 11:00 Exercise</p> <p>➤ 12:30 Rubber Bridge</p>	<p>25. <i>Month of Canned Food</i></p> <p>➤ Bring in canned food all week long for the food bank</p> <p>➤ 9:00 Poetry Club</p> <p>➤ 10:00 Blood Pressure Checks</p> <p>➤ 10:00-11:00 Basic Computing-by appt only</p> <p>➤ 12:30 BINGO</p>	<p>26. <i>Pie Month</i></p> <p>➤ Book Club "Hotel" by Arthur Hailey</p> <p>➤ 9:15 Texture 7 Salon, Sign up with Beverly!</p> <p>➤ 11:00 Exercise</p> <p>➤ 11:45 Trivia and Peach Pie</p> <p>➤ 3:30-5:00 pm Line Dancing, \$3</p> <p>➤ EVENING CLASS: 7:00 p.m. Digital Photography Class #2 with Greg Green, \$8</p>	<p>27.</p> <p>➤ 9:00-2:00 Tax Preparation by appt. only</p> <p>➤ 10:00 Quilt Club, Bldg. 2</p> <p>➤ 10:00 Pet Therapy</p> <p>➤ 12:30 Movie and Popcorn "Indiana Jones and the Kingdom of the Crystal Skull"</p> <p>➤ 2:00 Awareness thru Movement, Bldg. 2, \$6</p>