**Happening in February**

**Ask the Nurse: On the first & third Wednesday of each month, Nurse Karen Cronin, from the Lynnfield Health Dept., will visit our center from 9:30 -10:30.  She will offer free blood pressure screenings, and will be available to offer assistance with prescriptions and other health-related questions. Drop In.**

**New Class Coming! – Stretching & Flexibility:** This is a 45 minute class on improving flexibility, balance, mobility and gait. Personal trainer Diane Klapman will start a six week course on Friday, February 2, 2024. Sign up with Lisa. Cost $5.00 per class

**Men’s Social Club:** Meets on the first Thursday of the month for discussions, outings, lunches. Meet at center at 10:30 am to carpool to the Causeway in Gloucester!. Thursday, February 1st. Sign up with Lisa.

**Crafts with Cris**: Thursday, February 1st at 12:00pm. Come make an adorable Valentine’s Day Bag! Sign up with Cris. Please see example in Cris’s office. Cost $4.00

**Crafts with Cris:** Tuesday February, 20th at 12:00 pm. Put your talents to use and make an adorable heart picture using buttons and jewels! Cost$3.00. Sign up with Cris. Please see example in Cris’s office.

**Trivia & Tunes:** Vin Pisacreta will be spinning the tunes and trying to stump us with his triviaquestions. A trivia game specifically for seniors with musical song clues from the likes of Elvis, Sinatra, the Beatlesand theAndrew Sisters etc. Thursday, February 8th at 12:30 pm. Sign up with Lisa.

**Managing Back Pain with Mobility :** Dr. Kate Wadland, PT, DPT, Board Certified Geriatric Clinical Specialist will be presenting a workshop on back pain. Low back pain becomes more common as you get older, worse with prolonged sitting. She will teach us some exercise moves and behavior modifications. Wednesday, February 21st at 12:00 pm. Sign up with Lisa

**Shifting Gears:** The Registry of Motor Vehicles is coming to give us a workshop for seniors to get a little refresher course on rules of the road. Topics include: Rules of the Road, warning signs of unsafe driving, vulnerable road users, etc. Thursday, February 15th at 12:30. Sign up with Lisa

**Melanoma Presentation:** Steve Fine is the founder and president of the Melanoma Education Foundation. He will speak with us about early prevention of melanoma skin cancer. Tuesday, February 27th 2024 at 11:00 am. Sign up with Lisa

**Left Center Right :** Feeling lucky? Come learn how to play a new dice game – Left Center Right. Bring your dimes! Tuesday, February 13th at 9:00am. Sign up with Lisa

**Baking with Cris:** Do you have a little sweet tooth?Cris will teach us how to make a variety of mug recipes including cake in a mug and mac n cheese in a mug! Tues., February 13th at 12:00 cost $3.00. Sign up with Cris

**Trip Talk:** Cheryl Tobey from All Around New England will join us on Wednesday, February 7th at 12:30pm . Cheryl will discuss what trips she has planned for us in 2024! Coffee and cake will be served. Sign up with Cris.

**Lunch and a Movie-** : **Barbie** (Margot Robbie), the most popular of all the Barbies in Barbieland, begins experiencing an existential crisis. She must travel to the human world in order to understand herself and discover her true purpose. Barbie learns what is possible when she has faith in herself. Wednesday, February 14th. Sign up for movie w/Lisa and lunch w/Debby. Lunch at 11:30 and movie at 12:15.

**Lunch and a Movie-** : **My Big Fat Greek Wedding 3** will see the family travel to Greece for a family reunion. What seems to be the foundation of the upcoming movie is the death of Toula's father and a reunion in his Greek hometown, which he asked his daughter to attend. Toula makes it her priority to fulfill her father's wish and, as requested by her father, finds his beloved friends in order to hand over a journal, which tells the story of his life. Experiencing life in the small village, Toula and her family want to retrace her father's steps, creating a closer connection to him and understanding his upbringing.. Wednesday, January 24, 2024.

Sign up for movie w/Lisa and lunch w/Debby. Lunch at 11:30 and movie at 12:15.