

Please circle the events you will attend & place on your refrigerator

**WEEK of February 1**

**Thursday February 2**  
 11:00 am Tai Chi for Health & Balance Zaban Tower 3rd Floor \$CD

**WEEK of February 6**

**Monday February 6**  
 1:00 pm Mah-Jongg Mondays: Instruction or play for all levels. Player guests welcome  
**Tuesday February 7**  
 10:00 am Knitting Clinic with Maury  
**Thursday February 9**  
 11:00 am Tai Chi for Health & Balance Zaban Tower 3rd Floor \$CD

**WEEK of February 13**

**Monday February 13**  
 1:00 pm Mah-Jongg Mondays: Instruction or play for all levels. Player guests welcome  
**Tuesday February 14**  
 10:00 am Knitting Clinic with Maury  
 2:00 pm Food: Facts & Fun - **Sign Up Required** \$CD  
 Eat RED for Heart Health  
**Thursday February 16**  
 11:00 am Tai Chi for Health & Balance Zaban Tower 3rd Floor \$CD



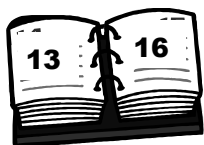
**WEEK of February 20**

**Monday February 20**  
 1:00 pm Mah-Jongg Mondays: Instruction or play for all levels. Player guests welcome  
**Tuesday February 21**  
 10:00 am Knitting Clinic with Maury  
 3:30 pm News & Views with Henry  
**Wednesday February 22 NORC Luncheon: Georgia Council on Aging - Legislative Update**  
 Noon - 1:30 pm Garson Auditorium **Sign Up Required**  
**Sign up by noon on Thursday, February 16<sup>th</sup> by calling: 404-355-5696, Ext. 2221**  
**Thursday February 23**  
 11:00 am Tai Chi for Health & Balance Zaban Tower 3rd Floor \$CD

**WEEK of February 27**

**Monday February 27**  
 1:00 pm Mah-Jongg Mondays: Instruction or play for all levels. Player guests welcome  
**Tuesday February 28**  
 10:00 am Knitting Clinic with Maury  
**Wednesday February 29 Leap Year Birthday Party Jewish Tower Rec Room**  
 2:00 pm Have a Leap Year Birthday. Be One Fourth Your Age. Enjoy Music, Prizes & Food

Computer Instruction for Beginners by appointment only on Wednesday or Friday afternoons.  
**Sign up required by calling 404-355-5696 X2221**



**February Events Sign Up Required By:**  
 Monday, February 13<sup>th</sup> for Food: Facts & Fun  
 Thursday, February 16<sup>th</sup> For the NORC Luncheon





**\$CD: NORC members** get \$2 in Charlie Dollars for the Produce Express here on Mondays & Tuesdays  
**NORC Open Office Hours** Monday through Thursday: 11 am to 4 pm, Friday 11 am to 3 pm.  
 Lunch usually from 12-1 pm  
**Other Times Are Available by Calling 404-355-5696 X 2222**


**Events are held in the NORC Multipurpose Room unless noted**




# February Calendar at MEYER BALSER NORC

Meyer Balser NORC ■ 3156 Howell Mill Road NW ■ Atlanta, Georgia 30327 ■ 404-355-5696

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 11:00 am Tai Chi	3
6 1 pm Mah Jongg	7 10:00 am Knitting with Maury	8 	9 11:00 am Tai Chi	10
13 1 pm Mah Jongg	14 10:00 am Knitting with Maury 2:00 pm Food: Facts & Fun	15	16 11:00 am Tai Chi	17
20 1 pm Mah Jongg	21 10:00 am Knitting with Maury 3:30 pm News & Views	22 NOON NORC Luncheon Legislative Update	23 11:00 am Tai Chi	24
27 1 pm Mah Jongg	28 10:00 am Knitting with Maury	29 2:00 pm Leap Year Party	March 1	2



**Tuesdays from 10:00 am –12:00 pm**  
**DO YOU WANT TO LEARN TO KNIT?**  
 Learn with Maury on Tuesdays at the Knitting Clinic  
 Knitting needles & yarn available



Computer Instruction for Beginners by appointment only on Wednesday or Friday afternoons.  
**Sign up required by calling 404-355-5696 X2221**

**Food: Facts & Fun — Eat Red For Health**  
**February 14<sup>th</sup> from 2:00-3:00 p.m. — Refreshments**

**Sign Up Required by Calling 404-355-5696 by Monday, February 13<sup>th</sup>**

**Wednesday, February 22<sup>nd</sup>**  
**12 Noon to 1:30 p.m.**

**Reservations Required**  
**Garson Auditorium, WBJH**

**Legislative Update by the Georgia Council on Aging**

Learn how proposed State legislation can impact you & what you need to do to protect your interests!

**Sign up by noon on Thursday, February 16<sup>th</sup> by calling:**

**404-355-5696, Ext. 2221**

Free for Gold Members & 1<sup>st</sup> Time Guests ♦ \$5 Silver Members, \$8 for returning guests

## February Birthdays

Jean P. 1<sup>st</sup>

Marge H. 2<sup>nd</sup>

Jerre A. 10<sup>th</sup>

Michael Y. 12<sup>th</sup>

Jack L. 19<sup>th</sup>

Betty L. 20<sup>th</sup>

Lottie C. 22<sup>nd</sup>

Gloria K. 23<sup>rd</sup>

Funding for the NORC Initiative provided in part by JFGA, private foundations, donors, The William Breman Jewish Home, and Federal Transit Administration New Freedom Program.

The Meyer Balser Naturally Occurring Retirement Community is a non-sectarian project of The William Breman Jewish Home and Jewish Federation of Greater Atlanta. Our program serves seniors 60 and older. NORC promotes health and wellness by finding ways to link older adults and services, and by creating opportunities for socialization and learning.

Our partners are the Jewish & Zaban Towers, Weinstein Hospice, Jewish Family and Career Services, LIFESPAN Resources, Inc., Marcus Jewish Community Center's Housemate Match Program, One Good Deed, Piedmont Hospital's Sixty Plus Program, Senior Citizen Services, Campbellstone at Buckhead, Senior Connections, Center for Visually Impaired, and Visiting Nurse Health System.