

## RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>HOURS OF OPERATION:</b>  <b>MON: 7:30 a.m. – 5:00 p.m.</b>  <b>TUES – FRI: 8:30 a.m. – 5:00 p.m.</b></p> <p>For questions about the Center or to schedule an appointment with a certified SHIP counselor call: 287-6409</p>	<p><b>DAILY DROP-IN EVENTS:</b> Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV &amp; Conversation, Puzzles</p> <p><b>ALSO AVAILABLE:</b> Computer Lab, Library, Daily Local Newspaper, Magazines, Coupon Room, Medical Equipment, Notary Public, Wi-Fi, Scheduled Transit Stop</p>	<p><b>MAY IS OLDER AMERICAN'S MONTH</b>  <b>"GET INTO THE ACT!"</b>            *****  <i>May is Mental Health Month</i></p>	<p>8:45 Aerobics <b>1</b>            9:00 SilverStriders            9-11 Silver Threads &amp; Needles            10:00 Fellowship &amp; Singing            12:30 Slow-moving Exercise            1:00 Table Tennis  <b>6:00 SENIOR GAMES SPORTING AWARDS &amp; CLOSING CEREMONY</b></p>	
<p>8:45 Aerobics <b>4</b>            9:00 SilverStriders            9:00 - 2:30 Art Group            9-11 Silver Threads &amp; Needles  <b>10:00 WALKING CLUB – (NEW)</b>            12:30 Slow-moving Exercise  <b>5:30 ZUMBA</b></p>	<p><b>8:30 WALKING CLUB (NEW) 5</b>            9-11 Silver Threads &amp; Needles            10:00 Yoga  <b>10:30 "TELL ME SOMETHING GOOD" ACTIVITY</b>  <b>11:15 CHAIR EXERCISE</b>            1:00 Table Tennis</p>	<p>8:30 Wednesday Walk <b>6</b>            8:45 Aerobics            9-11 Silver Threads &amp; Needles            10:00 Line Dancing  <b>10:30 SPECIAL MUSIC: 4<sup>th</sup>/5<sup>th</sup> GRADERS/SPINDALE CHORUS</b>            12:30 Oil Art Group            12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads &amp; Needles <b>7</b>  <b>10:30 PEN PALS</b>            12:00 – 4:00 Bridge            12:30 Just Dance            12:30 – 2:00 Computer Assistance/J.Cole  <b>1:00 BUTTERBEAN AUCTION</b>  <b>1:00 Wii FUN</b>  <b>4:00 SQUARE DANCE</b></p>	<p><b>8:30 – 10:00 VOLUNTEER 8</b>  <b>APPRECIATION BREAKFAST</b>            8:45 Aerobics            9:00 SilverStriders            9-11 Silver Threads &amp; Needles            10:00 Fellowship &amp; Singing  <b>10:30 TRIP TO CRAFT STORES</b>            12:30 Slow-moving Exercise            1:00 Table Tennis</p>
<p>8:45 Aerobics <b>11</b>            9:00 SilverStriders            9:00 - 2:30 Art Group  <b>9-10 MUFFINS FOR MOM'S</b>            9-11 Silver Threads &amp; Needles  <b>9-11 BLOOD PRESSURE CHECK</b>            12:30 Slow-moving Exercise  <b>1:00 B-I-N-G-O</b>  <b>5:30 ZUMBA</b></p>	<p><b>8:30 WALKING CLUB (NEW) 12</b>            9-11 Silver Threads &amp; Needles            10:00 Yoga  <b>10:30 LAKE LURE CLOGGERS PERFORMANCE</b>  <del>1:00 Table Tennis - Cancelled</del>  <b>1:00 CORN HOLE (NEW)</b>  <b>-will be set up in the dance room</b></p>	<p>8:30 Wednesday Walk <b>13</b>            8:45 Aerobics            9-11 Silver Threads &amp; Needles            10:00 Line Dancing  <b>10:30 FLOWER ARRANGING/ DEMONSTRATION BY: GERRY ROBERTS</b>            12:30 Oil Art Group            12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads &amp; Needles <b>14</b>  <b>10:30 "MENTAL HEALTH ISSUES" – BECKY BRODAR &amp; DEBBIE KENNEDY – ST LUKE'S</b>  <b>11:15 CHAIR EXERCISE</b>            12:00 – 4:00 Bridge            12:30 Just Dance            12:30 – 2:00 Computer Assistance/J.Cole  <b>4:00 SQUARE DANCE</b>  <b>5:15 MEET &amp; EAT -TRI-CITY CAFÉ</b></p>	<p>8:45 Aerobics <b>15</b>            9:00 SilverStriders            9-11 Silver Threads &amp; Needles            10:00 Fellowship &amp; Singing  <b>10:30 ROYAL QUARTET - GOSPEL MUSIC PERFORMANCE</b>            12:30 Slow-moving Exercise            1:00 Table Tennis</p>
<p>8:45 Aerobics <b>18</b>            9:00 SilverStriders            9:00 - 2:30 Art Group            9-11 Silver Threads &amp; Needles  <b>10:30 RECIPE CLUB</b>  <b>11:15 CHAIR EXERCISE</b>            12:30 Slow-moving Exercise  <b>5:30 ZUMBA</b></p>	<p><b>8:30 WALKING CLUB (NEW) 19</b>            9-11 Silver Threads &amp; Needles            10:00 Yoga  <b>10:30 "WHAT IS IT? WHAT DO I DO?" – "CHRONIC DISORGANIZATION" BY: JANE ARMSTRONG</b>  <b>10:45 TRIP TO STRAWBERRY HILL</b>            1:00 Table Tennis</p>	<p>8:30 Wednesday Walk <b>20</b>            8:45 Aerobics            9-11 Silver Threads &amp; Needles  <b>9:30 TEA PARTY</b>            10:00 Line Dancing  <b>10:30 CAROLINA SINGERS &amp; DANCERS</b>            12:30 Oil Art Group            12:30 Slow-moving Exercise  <b>1:00 B-I-N-G-O</b></p>	<p>9-11 Silver Threads &amp; Needles <b>21</b>  <b>10:30 AMANDA SHIRES, EMS "SENIOR WELLNESS &amp; STROKE AWARENESS"</b>            12:00 – 4:00 Bridge            12:30 Just Dance            12:30 – 2:00 Computer Assistance/J.Cole  <b>4:00 SQUARE DANCE</b>  <b>5:30 "MEDICARE 101" - CATHERINE PALMER</b></p>	<p>8:45 Aerobics <b>22</b>            9:00 SilverStriders            9-11 Silver Threads &amp; Needles            10:00 Fellowship &amp; Singing            12:30 Slow-moving Exercise            1:00 Table Tennis</p>
<p><b>25</b>  <b>CLOSED FOR MEMORIAL DAY</b></p> 	<p><b>8:30 WALKING CLUB (NEW) 26</b>            9-11 Silver Threads &amp; Needles            10:00 Yoga  <b>10:30 B-I-N-G-O</b>  <del>1:00 Table Tennis - Cancelled</del>  <b>1:00 CORN HOLE (NEW)</b>  <b>-will be set up in the dance room</b></p>	<p>8:30 Wednesday Walk <b>27</b>            8:45 Aerobics            9-11 Silver Threads &amp; Needles            10:00 Line Dancing  <b>10:30 "USE IT OR LOSE IT"</b>  <b>10:45 TRIP TO SHELBY</b>            12:30 Oil Art Group            12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads &amp; Needles <b>28</b>  <b>10:30 DIABETIC SUPPORT GROUP: "EFFECTS OF DIABETIC EYE DISEASE BY: ANITA PHILLIPS</b>  <b>11:15 CHAIR EXERCISE</b>            12:00 – 4:00 Bridge            12:30 Just Dance            12:30 – 2:00 Computer Assistance/J.Cole  <b>4:00 SQUARE DANCE</b></p>	<p><b>8-11 TAILGATE CRAFT &amp; YARD SALE 29</b>            8:45 Aerobics            9:00 SilverStriders            9-11 Silver Threads &amp; Needles            10:00 Fellowship &amp; Singing  <b>11:30 BIRTHDAY RECOGNITION</b>            12:30 Slow-moving Exercise            1:00 Table Tennis  <b>6 – 9 p.m. DANCE - RUSTY &amp; CHIQUITA COLLINS BAND</b></p>

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