

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER HOURS OF OPERATION: MON. 7:30 a.m.–5:00 p.m. TUES. – FRI. 8:30 a.m.–5:00 p.m.	If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409	OCTOBER IS BREAST CANCER AWARENESS MONTH “Living With Chronic Pain” – is a six week workshop every Tuesday beginning Oct 6 – Nov 10 from 8:45 a.m. – 11:15 a.m.	9-11 Silver Threads & Needles 1 10:30 RFD REGIONAL ER OVERVIEW BY: JASON CARNEY 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance with Jim Cole	2 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 1:00 Table Tennis
8:45 Aerobics 5 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 “PINK” NAILS FOR THE LADIES 9-11 Silver Threads & Needles 6:45 ZUMBA	8:45 RED HOT CHILI STEPPERS WALKING CLUB 6 8:45-11:15 LIVING w/CHRONIC PAIN 9-11 Silver Threads & Needles 10:00 Yoga 10:00 CRAFT TIME: DECORATE A “PINK” PUMPKIN 1:00 Table Tennis	8:30 Wednesday Walk 7 8:45 Aerobics 9:00 “PINK” WALK 9-11 Silver Threads & Needles 10:00 Line Dancing 10:45 HEALTHY STEPS DEMO WITH SALLY DIMUZIO 12:30 Oil Art Group 1:00 “PINK” B-I-N-G-O “PINK OUT DAY” – WEAR PINK	9-11 Silver Threads & Needles 8 10:15 LET’S MAKE “PINK” MINTS 11:15 DRAWING FOR SPACES – FOR TAILGATE YARD SALE VENDORS 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance with Jim Cole	8-11 TAILGATE YARD/CRAFT SALE 9 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis <div style="background-color: #e91e63; color: white; padding: 5px; text-align: center;"> 9:00-12:00 SAT. OCT 10 “PINK” ZUMBATHON (Registration begins at 8:00 a.m.) </div>
Oct 5 - 9 is “PINK” WEEK - In Recognition of Breast Cancer Awareness				
8:45 Aerobics 12 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RED HOT CHILISTEPPERS WALKING CLUB MEETING 6:45 ZUMBA	8:45 RED HOT CHILI STEPPERS WALKING CLUB 13 8:45-11:15 LIVING w/CHRONIC PAIN 9-11 Silver Threads & Needles 10:00 CRAFTING W/CRYSTAL AND DECORATE/BEDAZZLE A PUMPKIN FOR HALLOWEEN 10:00 Yoga 1:00 Table Tennis	8:30 Wednesday Walk 14 8:45 Aerobics 9-11 Silver Threads & Needles 9:30-11:00 COMPUTER ASSISTANCE W/SANDRA BOYD 10:00 Line Dancing 10:30 PEN PALS 12:30 Oil Art Group	9-11 Silver Threads & Needles 15 10:00 CRAFT TIME: MAKING CARDS FOR HALLOWEEN 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance with Jim Cole 5:15 MEET AND EAT – SCOTT’S COUNTRY COOKING	16 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:00 TRIP TO HOSPITAL JEWELRY SALE 1:00 Table Tennis
8:45 Aerobics 19 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB - “IT’S SEAFOOD MONTH” 6:45 ZUMBA	8:45 RED HOT CHILI STEPPERS WALKING CLUB 20 8:45-11:15 LIVING w/CHRONIC PAIN 9-11 Silver Threads & Needles 10:00 Yoga 10:30 CRAFTING W/CRYSTAL – LET’S MAKE HALLOWEEN TREATS 1:00 Table Tennis	8:30 Wednesday Walk 21 8:45 Aerobics 9-11 Silver Threads & Needles 9:30-11:00 COMPUTER ASSISTANCE W/SANDRA BOYD 9:30 TEA PARTY 9:45 TRIP TO MCABEE’S PRODUCE/ HENDERSONVILLE, NC 10:00 Line Dancing 12:30 Oil Art Group	9-11 Silver Threads & Needles 22 10:30 “A BED TURNING” – A QUILT LOVER’S PROGRAM 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance with Jim Cole	23 8:00 “MYSTERY” TRIP 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis
8:45 Aerobics 26 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 6:45 ZUMBA	8:45 RED HOT CHILI STEPPERS WALKING CLUB 27 8:45-11:15 LIVING w/CHRONIC PAIN 9-11 Silver Threads & Needles 10:00 Yoga 10:30 “AN APPLE A DAY” - SPECIAL PROGRAM 1:00 Table Tennis	8:30 Wednesday Walk 28 8:45 Aerobics 9-11 Silver Threads & Needles 9:30-11:00 COMPUTER ASSISTANCE W/SANDRA BOYD 10:00 Line Dancing 10:00 Wii FUN 12:30 Oil Art Group	9-11 Silver Threads & Needles 29 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance with Jim Cole <div style="border: 2px dashed #e91e63; padding: 10px; text-align: center;"> HEALTH & WELLNESS FAIR & FLU SHOTS 8:30 a.m. – 11:30 a.m. </div>	30 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:00 HALLOWEEN COSTUME PARADE 11:15 BIRTHDAY RECOGNITION 1:00 Table Tennis 6 – 9 p.m. HALLOWEEN DANCE - Costumes Optional/Doors open at 5:45

DAILY DROP-IN EVENTS: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles

ALSO AVAILABLE: Computer Lab, Library, Daily Local Newspaper, Magazines, Coupon Room, Medical Equipment, Paper Shredder, Notary Public, Wi-Fi, Scheduled Transit Stop