

THE SENIOR CENTER CALENDAR – JUNE 2013

NATIONAL MEN'S HEALTH MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																			
<p>8:45 Aerobics 3 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise 1:00 BINGO</p>	<p>9:00 Needlework 4 10:00-11:00 Computer Class 10:00 Yoga 10:30 MEN'S HEALTH ISSUES</p> <div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #e0e0f0;"> WEAR BLUE TODAY IN SUPPORT OF MEN'S HEALTH </div>	<p>8:30 Wednesday Walk 5 8:45 Aerobics 9:00 Stitchery 9:30 PEN PALS 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9:00 Needlework 6 10:30 CHAIR VOLLEYBALL 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Class 1:00 JUST DANCE</p>	<p>8:45 Aerobics 7 8:45 TRIP TO HAMRICK'S 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise</p>																			
<p>8:45 Aerobics 10 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise</p>	<p>9:00 Needlework 11 10:00-11:00 Computer Class 10:00 Yoga 10:30 "WHAT WOULD DAD DO?" 1:00 DIABETIC SUPPORT GROUP – TOPIC: "DIABETES MEDICINES"</p>	<p>8:30 Wednesday Walk 12 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 10:30 SUMMER PICTONARY 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9:00 Needlework 13 10:30 CRAFT TIME WITH LAVADA WALL 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Class 1:00 JUST DANCE</p>	<p>8:45 Aerobics 14 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise</p> <div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #f0e0e0;"> WEAR RED, WHITE, & BLUE </div> <div style="text-align: center;">  FLAG DAY </div>																			
<div style="border: 1px solid black; padding: 2px; background-color: #e0e0f0; margin-bottom: 5px;"> 16: HAPPY FATHER'S DAY </div> <p>8:45 Aerobics 17 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 9:30 RECIPE CLUB 10:15 "MEDICARE SUMMARY NOTICES" (PROGRAM) 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise 1:00 ICE CREAM SHOP</p>	<p>9:00 Needlework 18 10:00-11:00 Computer Class 10:00 Yoga 10:00 SHUFFLEBOARD & CORNHOLE 1:00 Wii FUN</p>	<p>8:30 Wednesday Walk 19 8:45 Aerobics 9-11:30 & 12:30-2:30 - AARP SAFE DRIVING CLASS 9:00 Stitchery 9:30 TEA PARTY 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise 1:00 TRIP TO JEWELRY SALE & ICE CREAM ON MAIN ST</p>	<p>9:00 Needlework 20 10:30 HERB PROGRAM – JAN MCGWINN 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Class 1:00 JUST DANCE 5:15 MEET & EAT CLUB – GREGORY'S ORIGINAL IN RUTHERFORDTON</p>	<p><i>FIRST DAY OF SUMMER</i> 21 8:45 Aerobics 9:00 SilverStriders 9:30 SENIOR SHINERS GOING TO WILLOW RIDGE 10:00 Fun/Fellowship/Singing 10:30 BOOK CLUB 12:30 Slow-moving Exercise</p>																			
SUNDAY, JUNE 23 – TRIP TO GREEN ROOM THEATER TO SEE "ANYTHING GOES"																							
<p>8:45 Aerobics 24 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise</p>	<p>9:00 Needlework 25 10:00-11:00 Computer Class 10:00 Yoga 10:30 "HAVE YOU EVER..." (FUN ACTIVITY) 1:00 Wii FUN</p>	<p>8:30 Wednesday Walk 26 8:45 Aerobics 9:00 TRIP TO THRIFT STORES & CONSIGNMENT SHOPS 9:00 Stitchery 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9:00 Needlework 27 10:00 CRAFT TIME WITH LAVADA WALL 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Class 1:00 JUST DANCE</p>	<p>8:45 Aerobics 28 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise 1:00 Wii FUN</p>																			
<p style="text-align: center;">DAILY DROP-IN EVENTS</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Billiards</td> <td style="width: 33%;">Table Tennis</td> <td style="width: 33%;">Newspaper & Magazines</td> </tr> <tr> <td>Board Games</td> <td>Playing Cards</td> <td>Coupon Room</td> </tr> <tr> <td>Bocce Ball</td> <td>Walking Trail</td> <td>Computer Lab</td> </tr> <tr> <td>Horseshoes</td> <td>Shuffleboard</td> <td>Chair Fitness Videos</td> </tr> <tr> <td>TV & Conversation</td> <td>Puzzles</td> <td>Exercise Equipment</td> </tr> <tr> <td>Medical Equip.</td> <td>Library</td> <td>Public Transportation Stop</td> </tr> </table>			Billiards	Table Tennis	Newspaper & Magazines	Board Games	Playing Cards	Coupon Room	Bocce Ball	Walking Trail	Computer Lab	Horseshoes	Shuffleboard	Chair Fitness Videos	TV & Conversation	Puzzles	Exercise Equipment	Medical Equip.	Library	Public Transportation Stop	<p style="text-align: center;">BY APPOINTMENT Medicare Assistance <i>by a Certified SHIP Counselor</i></p>	<p style="text-align: center;">HOURS OF OPERATION: <u>Mondays</u> 7:30 a.m. – 5:00 p.m. <u>Tuesday - Fridays</u> 8:30 a.m. – 5:00 p.m.</p>	<div style="border: 1px dashed black; border-radius: 15px; padding: 10px; text-align: center; background-color: #e0e0f0;"> <p>For Additional Information Call 287-6409</p> </div>
Billiards	Table Tennis	Newspaper & Magazines																					
Board Games	Playing Cards	Coupon Room																					
Bocce Ball	Walking Trail	Computer Lab																					
Horseshoes	Shuffleboard	Chair Fitness Videos																					
TV & Conversation	Puzzles	Exercise Equipment																					
Medical Equip.	Library	Public Transportation Stop																					