

## THE SENIOR CENTER CALENDAR OF EVENTS – OCTOBER 2013

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
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| <p><b>For information about the Center, or to make an appointment with a certified SHIP counselor for free, information regarding Medicare health care products call 287-6409</b></p>  | <p>9:00 Needlework <b>1</b><br/>                     10:00-11:00 Computer Assistance<br/>                     10:00 Yoga<br/> <b>10:30 ANDY GRIFFITH SHOW TRIVIA FUN</b><br/>                     11:15 CHAIR EXERCISES<br/>                     1:00 TABLE TENNIS</p> | <p>8:30 Wednesday Walk <b>2</b><br/>                     8:45 Aerobics<br/>                     9:00 Stitchery<br/>                     10:00 Line Dancing<br/> <b>10:30 CRAFTING W/CRYSTAL</b><br/> <b>10-11:15 WRITE YOUR LIFESTORY</b><br/>                     12:30 Oil Art Group<br/>                     12:30 Slow-moving Exercise</p>     | <p>9:00 Needlework <b>3</b><br/> <b>10:30 PEN PALS</b><br/> <b>11:15 DRAWING FOR YARD SALE SPACES</b><br/>                     12:00 – 4:00 Bridge<br/>                     12:30 – 2:00 Computer Assistance<br/> <b>1:00 JUST DANCE</b></p>       | <p>8:45 Aerobics <b>4</b><br/>                     9:00 SilverStriders<br/>                     10:00 Fun/Fellowship/Singing<br/>                     12:30 Slow-moving Exercise<br/> <b>PINK FRIDAY – *WEAR PINK DAY*</b></p>  |
| <p>8:45 Aerobics <b>7</b><br/>                     9:00 SilverStriders<br/>                     9:00 - 2:30 Art Group<br/>                     9:00 -11:00 Crochet<br/>                     11:00 Funtime Cheerleading<br/>                     12:30 Slow-moving Exercise</p>   | <p>9:00 Needlework <b>8</b><br/>                     10:00-11:00 Computer Assistance<br/>                     10:00 Yoga<br/> <b>10:30 USE IT OR LOSE IT – BRAIN FITNESS ACTIVITY</b></p>  | <p>8:30 Wednesday Walk <b>9</b><br/>                     8:45 Aerobics<br/>                     9:00 Stitchery<br/> <b>9:30 Wii BOWLING TOURN.</b><br/> <b>10-11:15 WRITE YOUR LIFESTORY</b><br/>                     10:00 Line Dancing<br/>                     12:30 Oil Art Group<br/>                     12:30 Slow-moving Exercise</p>      | <p>9:00 Needlework <b>10</b><br/> <b>10:00 SPEAKER: “ARE YOU REHAB READY”</b><br/>                     12:00 – 4:00 Bridge<br/>                     12:30 – 2:00 Computer Assistance<br/> <b>1:00 JUST DANCE</b></p>                               | <p>8:45 Aerobics <b>11</b><br/>                     9:00 SilverStriders<br/>                     10:00 Fun/Fellowship/Singing<br/>                     12:30 Slow-moving Exercise<br/> <b>PINK FRIDAY – *WEAR PINK DAY*</b></p>   |
| <p>8:45 Aerobics <b>14</b><br/> <b>9-11 BLOOD PRESSURE CHECK</b><br/>                     9:00 SilverStriders<br/>                     9:00 - 2:30 Art Group<br/>                     9:00 -11:00 Crochet<br/>                     11:00 Funtime Cheerleading<br/>                     12:30 Slow-moving Exercise<br/> <b>1:00 ARCHERY</b><br/> <b>5:30 PINK ZUMBA</b></p> | <p>9:00 Needlework <b>15</b><br/> <b>9-11:30 AARP DRIVING CLASS</b><br/>                     10:00-11:00 Computer Assistance<br/>                     10:00 Yoga<br/> <b>12:30-2:00 AARP DRIVING CLASS</b></p>   | <p>8:30 Wednesday Walk <b>16</b><br/>                     8:45 Aerobics<br/>                     9:00 Stitchery<br/> <b>9:30 PINK TEA PARTY</b><br/>                     10:00 Line Dancing<br/>                     12:30 Oil Art Group<br/>                     12:30 Slow-moving Exercise</p>   | <p>9:00 Needlework <b>17</b><br/> <b>10:30 SPEAKER: “BREAST CANCER AWARENESS”</b><br/>                     12:00 – 4:00 Bridge<br/>                     12:30 – 2:00 Computer Assistance<br/> <b>1:00 JUST DANCE</b></p>                           | <p>8:45 Aerobics <b>18</b><br/>                     9:00 SilverStriders<br/>                     10:00 Fun/Fellowship/Singing<br/> <b>10:30 BOOK CLUB</b><br/>                     12:30 Slow-moving Exercise<br/> <b>1:00 TABLE TENNIS</b><br/> <b>PINK FRIDAY – *WEAR PINK DAY*</b></p>                                   |
| <p>8:45 Aerobics <b>21</b><br/>                     9:00 SilverStriders<br/>                     9:00 - 2:30 Art Group<br/>                     9:00 -11:00 Crochet<br/> <b>10:30 RECIPE CLUB</b><br/>                     11:00 Funtime Cheerleading<br/>                     12:30 Slow-moving Exercise<br/> <b>1:00 CHILI COOK OFF</b></p>                              | <p>9:00 Needlework <b>22</b><br/>                     10:00-11:00 Computer Assistance<br/>                     10:00 Yoga<br/> <b>10:30 CRAFT TIME WITH LAVADA WALL</b></p>  | <p>8:30 Wednesday Walk <b>23</b><br/>                     8:45 Aerobics<br/>                     9:00 Stitchery<br/> <b>10-11:15 WRITE YOUR LIFESTORY</b><br/> <b>10:45 TRIP/ STRAWBERRY HILL</b><br/>                     10:00 Line Dancing<br/>                     12:30 Oil Art Group<br/>                     12:30 Slow-moving Exercise</p> | <p>9:00 Needlework <b>24</b><br/> <b>10:30 NAME THAT TUNE</b><br/>                     12:00 – 4:00 Bridge<br/>                     12:30 – 2:00 Computer Assistance<br/> <b>1:00 JUST DANCE</b></p>   | <p>8:45 Aerobics <b>25</b><br/>                     9:00 SilverStriders<br/>                     10:00 Fun/Fellowship/Singing<br/> <b>10:00 PINK WALK</b><br/>                     12:30 Slow-moving Exercise<br/> <b>11:15 CHAIR EXERCISES</b><br/> <b>1:00 TABLE TENNIS</b><br/> <b>PINK FRIDAY – *WEAR PINK DAY*</b></p> |
| <p>8:45 Aerobics <b>28</b><br/>                     9:00 SilverStriders<br/>                     9:00 - 2:30 Art Group<br/>                     9:00 -11:00 Crochet<br/>                     11:00 Funtime Cheerleading<br/>                     12:30 Slow-moving Exercise<br/> <b>5:30 PINK ZUMBA</b></p>  | <p>9:00 Needlework <b>29</b><br/>                     10:00-11:00 Computer Assistance<br/>                     10:00 Yoga<br/> <b>10:00 PUMPKIN BOCCE</b><br/> <b>11:15 CHAIR EXERCISES</b><br/> <b>1:00 B-I-N-G-O</b></p>   | <p>8:30 Wednesday Walk <b>30</b><br/> <b>8:30-11:15 SCAVENGER HUNT</b><br/>                     8:45 Aerobics<br/>                     9:00 Stitchery<br/> <b>10-11:15 WRITE YOUR LIFESTORY</b><br/>                     10:00 Line Dancing<br/>                     12:30 Oil Art Group<br/>                     12:30 Slow-moving Exercise</p>   | <p>9:00 Needlework <b>31</b><br/> <b>11:30 BIRTHDAY RECOGNITION</b><br/>                     12:00 – 4:00 Bridge<br/>                     12:30 – 2:00 Computer Assistance<br/> <b>1:00 JUST DANCE</b><br/> <b>WEAR BLACK &amp; ORANGE DAY</b></p> | <p style="text-align: center;"><b><u>COMING IN NOVEMBER</u></b></p> <p style="text-align: center;"><b>FRIDAY, NOVEMBER 8</b><br/> <b>HAND-MADE CRAFT &amp; BISCUIT SALE: 8:00 – 11:30 a.m.</b></p> <p style="text-align: center;"><b>THURSDAY, NOVEMBER 14</b><br/> <b>TRIP TO SOUTHERN CHRISTMAS SHOW, CHARLOTTE</b></p>   |

HOURS OF OPERATION: MONDAY 7:30 a.m. – 5:00 p.m. & TUESDAY – FRIDAY 8:30 a.m. – 5:00 p.m.

DAILY DROP-IN EVENTS INCLUDE: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Newspaper & Magazines, Coupon Room, Computer Lab, Chair Fitness Videos, Medical Equipment, Exercise Equipment, TV & Conversation, Library, Puzzles, Public Transportation Stop