

THE SENIOR CENTER CALENDAR OF EVENTS – AUGUST 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Center's Normal Hours of Operation: Monday: 7:30 a.m. – 5:00 p.m. Tuesday – Friday: 8:30 a.m. – 5:00 p.m.</p>	<p>If you have questions about the Center or would like to make an appointment with a certified SHIIP counselor call 287-6409</p>	 <p>WE ARE COLLECTING SCHOOL SUPPLIES THE ENTIRE MONTH OF AUGUST FOR THE CHILDREN AT SPINDALE ELEMENTARY</p>	<p>PRAYER SHAWLS & LAP BLANKETS ~~~~~ SIGN UP TO BE A PEN PAL FOR THIS UPCOMING SCHOOL YEAR</p>	<p>8:45 Aerobics 1 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Wii 1:00 Table Tennis</p>
<p>8:45 Aerobics 4 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 1:00 AUGUST PLAY PRACTICE BEGINS: CAST CONSULT YOUR SCHEDULES 5:30 ZUMBA</p>	<p>9-11 Silver Threads & Needles 5 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 "STAYING HEALTHY AT HOME" – ONESOURCE REHAB 1:00 Table Tennis 1:00 BOWLING WITH THE GRANDKIDS (AUTUMN LANES)</p>	<p>8:30 Wednesday Walk 6 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 AFFORDABLE CARE ACT- PISGAH LEGAL 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 7 10:30 A WORD WITH THE PHARMACIST 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 Wii 4:00 Square Dance Class</p>	<p>8:45 Aerobics 8 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis</p>
<p>8:45 Aerobics 11 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA</p>	<p>9-11 Silver Threads & Needles 12 10:00-11:00 Computer Assistance 10:00 Yoga 10:00 MAKING HOMEMADE DOG TREATS 1:00 Table Tennis 1:00 "BOW-WOW" B-I-N-G-O</p>	<p>8:30 Wednesday Walk 13 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 USE IT OR LOSE IT 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 14 10:30 CRAFTING W/CRYSTAL 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 2:00-3:30 INTERGENERATIONAL DANCE (Bring the Grandkids) 4:00 Square Dance Class</p>	<p>8:45 Aerobics 15 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Wii 1:00 Table Tennis</p>
<p>8:45 Aerobics 18 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise 5:30 ZUMBA</p>	<p>9-11 Silver Threads & Needles 19 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 HAWAIIAN GAMES (Pass the Coconut, Spear Throwing, Hula Dancing, & Hawaiian Punch) 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 20 8:30-11:15 HAWAIIAN SCAVENGER HUNT 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 HAWAIIAN TEA PARTY 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 21 10:30 HAWAIIAN Pictionary 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 ICE CREAM SHOP 4:00 Square Dance Class SENIOR CITIZEN'S DAY</p>	<p>8:45 Aerobics 22 9:00 SilverStriders 9-11 Silver Threads & Needles 10:30 ROYAL QUARTET 11:15 TELL ABOUT YOUR ANGEL 12:30 Slow-moving Exercise 1:00 Table Tennis</p> <p style="text-align: center;">BE AN ANGEL DAY</p>
<p>HAWAIIAN WEEK → WEAR YOUR HAWAIIAN SHIRTS & OUTFITS THIS WEEK→</p>				
<p>8:45 Aerobics 25 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 26 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 COKE VS. PEPSI TASTE TEST CHALLENGE 1:00 BUTTERBEAN AUCTION 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 27 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10-11:15 SCAM JAM 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 28 10:30 DIABETIC SUPPORT GROUP 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 4:00 Square Dance Class 5:15 MEET & EAT – KING'S COURT, RFDTON</p>	<p>8:45 Aerobics 29 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship/Singing 11:15 BIRTHDAY RECOGNITION 12:30 Slow-moving Exercise 1:00 Wii 1:00 Table Tennis</p>

DAILY DROP-IN EVENTS INCLUDE: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Computer Lab, Exercise Equipment, TV & Conversation, Puzzles **SERVICES AVAILABLE:** Library, Newspaper & Magazines, Coupon Room, Medical Equipment, Notary Public Service, and Scheduled Transit Stop