

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – OCTOBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HOURS: 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 DAILY DROP-IN EVENTS: 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, Wi-Fi, Scheduled Transit Stop</p>		8:30 Wednesday Walk 1 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:00 "PINK" WALK 12:30 Oil Art Group 12:30 Slow-moving Exercise 1:00 Wii FUN	9-11 Silver Threads & Needles 2 10:30 SKIN CARE PROGRAM 11:15 DRAWING FOR YS SPACES 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 4:00 Square Dance Class 6:00 CANDIDATE FORUM	8-11 TAILGATE YARD SALE 3 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis WEAR "PINK" FRIDAYS
8:45 Aerobics 6 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 9-11 "PINK" NAILS FOR THE LADIES" 12:30 Slow-moving Exercise 5:30 "PINK" ZUMBA	8:30-11 "PINK" SCAVENGER HUNT 7 9-11 Silver Threads & Needles 10:00-11:00 Computer Assistance 10:00 Yoga 1:00 Table Tennis 1:00 Wii FUN	8:30 Wednesday Walk 8 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 CRAFTING W/CRYSTAL 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 9 10:30 USE IT OR LOSE IT 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 4:00 Square Dance Class	8:45 Aerobics 10 9:00 SilverStriders 9:00 CHAT WITH THE DIRECTOR 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis WEAR "PINK" FRIDAYS
8:45 Aerobics 13 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 1:00 Wii FUN 5:30 "PINK" ZUMBA	9-11 Silver Threads & Needles 14 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 SPECIAL PROGRAM: "PULMONARY DISEASES" 11:15 CHAIR EXERCISE 1:00 Table Tennis 5:15 MEET & EAT - FAT TRACY'S, SPINDALE	8:30 Wednesday Walk 15 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 "HALLOWEEN" TEA PARTY 10:00 Line Dancing 10:30 CAROLINA SINGERS & DANCERS FROM SHELBY 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 16 10:30 PEN PALS 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 "MURDER IN THE MAGNOLIA'S" DRESS REHEARSAL & MATINEE PERFORMANCE 4:00 Square Dance Class	8:45 Aerobics 17 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30 BOOK CLUB 12:30 Slow-moving Exercise 1:00 TRIP TO JEWELRY SALE 1:00 Table Tennis 6:00 "MURDER IN THE MAGNOLIA'S" WEAR "PINK" FRIDAYS
8:45 Aerobics 20 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 "PINK" ZUMBA	9-11 Silver Threads & Needles 21 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 "PINK" B-I-N-G-O 1:00 Table Tennis 1:00 TRIP TO STRAWBERRY HILL-HAYRIDE/ICE CREAM	8:30 Wednesday Walk 22 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 23 10:30 CRAFTING W/CRYSTAL 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 Wii FUN 4:00 Square Dance Class	8:45 Aerobics 24 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis 6:00 "BLACK OUT" DANCE (Rusty & Chiquita Collins Band) WEAR "PINK" FRIDAYS
8:45 Aerobics 27 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 PUMPKIN BOCCÉ 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 5:30 "PINK" ZUMBA	9-11 Silver Threads & Needles 28 9:00 AARP SAFE/SMART DRIVING CLASS 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 HALLOWEEN GAMES 1:00 Table Tennis	8:30 Wednesday Walk 29 8:45 Aerobics 9:00 TRIP-HENDERSONVILLE JUSTUS FAMILY ORCHARD 9-11 Silver Threads & Needles 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	8:30-11:30 HEALTH FAIR 30 9-11 Silver Threads & Needles 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 4:00 Square Dance Class  WEAR ORANGE, BLACK, & PURPLE TODAY	8:45 Aerobics 31 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:00 COSTUME PARADE & CONTEST 11:30 BIRTHDAY CELEBRATION 12:30 Slow-moving Exercise 1:00 Table Tennis 1:00 "MYSTERY" B-I-N-G-O WEAR "PINK" FRIDAYS

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH – LOOK FOR OUR "PINK" ACTIVITIES THROUGHOUT THE MONTH.

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