

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – MARCH 2015

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 8:45 Aerobics 2 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:00 "WHAT IS SENIOR GAMES?" – AN OVERVIEW 12:30 Slow-moving Exercise 5:30 ZUMBA HAVE YOU REGISTERED FOR SENIOR GAMES YET? | 9-11 Silver Threads & Needles 3 9:30-11:30 Computer Assistance w/Sandra Boyd 10:00 Yoga 10:00 FOOTBALL THROW 11:15 CHAIR EXERCISE 1:00 Table Tennis SENIOR GAMES REGISTRATION CONTINUES THROUGH MARCH 6 | 8:30 Wednesday Walk 4 8:45 Aerobics 9-11 Silver Threads & Needles 9-11:30 "LIVING HEALTHY WITH DIABETES" (2ND CLASS) 10:00 Line Dancing 10:00 SHUFFLEBOARD PRACTICE 12:30 Oil Art Group 12:30 Slow-moving Exercise 1:00 SHUFFLEBOARD PRACTICE | 9-11 Silver Threads & Needles 5 10:30 "ADVANCED CARE PLANNING" – JOEY REVIS, SOCIAL WORKER, HOSPICE 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 12:30 Just Dance | 8:45 Aerobics 6 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis 1:00 Wii FUN **REMINDER: TODAY IS THE LAST DAY TO REGISTER FOR THE LOCAL 2015 SENIOR GAMES** |
| 8:45 Aerobics 9 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise <div style="border: 1px dashed green; padding: 2px; text-align: center;"> SUNDAY/MARCH 8: DAYLIGHT SAVINGS TIME BEGINS – DON'T FORGET TO "SPRING FORWARD" </div> | 9-11 Silver Threads & Needles 10 9:30-11:30 Computer Assistance w/Sandra Boyd 10:00 Yoga 10:30 "USE IT OR LOSE IT" 1:00 Table Tennis | 8:30 Wednesday Walk 11 8:45 Aerobics 9-11 Silver Threads & Needles 9-11:30 "LIVING HEALTHY WITH DIABETES" (3RD CLASS) 10:00 Line Dancing 10:30 PEN PALS 12:30 Oil Art Group 12:30 Slow-moving Exercise | 8:45 TRIP TO HAMRICK'S and PRIME OUTLET MALL 12 9-11 Silver Threads & Needles 10:45 "IMPORTANCE OF NUTRITION & ACTIVITY" – JENNIFER DOBBINS, RN & GWU STUDENT 12:00 – 4:00 Bridge 12:30 Just Dance | 8:45 Aerobics 13 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis **BRING IN YOUR SILVERARTS ENTRIES: 9-11a.m. & 1-4 p.m.** |
| 8:45 Aerobics 16 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 SILVERARTS DISPLAY CLOSED TODAY - FOR JUDGING | 9-11 Silver Threads & Needles 17 9:30-11:30 Computer Assistance w/Sandra Boyd 10:00 Yoga 1:00 Table Tennis ST. PATRICK'S DAY – WEAR GREEN SILVERARTS ON DISPLAY: TODAY - 12:00 NOON ON FRIDAY | 8:30 Wednesday Walk 18 8:45 Aerobics 9-11 Silver Threads & Needles 9-11:30 "LIVING HEALTHY WITH DIABETES" (4TH CLASS) 9:30 TEA PARTY 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise | 9-11 Silver Threads & Needles 19 12:00 – 4:00 Bridge 12:30 Just Dance 1:00 Wii FUN REMINDER: PICK UP YOUR SILVERARTS ENTRIES ON FRIDAY BETWEEN 1:00 – 4:00 p.m. → → → | 8:45 Aerobics 20 9:00 SilverStriders 9-11 Silver Threads & Needles 9:30 SILVERARTS RECEPTION 10:00 Fellowship & Singing 10:45 SILVERARTS AWARDS CEREMONY 12:30 Slow-moving Exercise 1:00 Table Tennis |
| 8:45 Aerobics 23 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:00 HORSESHOE PRACTICE 12:30 Slow-moving Exercise 5:30 ZUMBA | 9-11 Silver Threads & Needles 24 9:30-11:30 Computer Assistance w/Sandra Boyd 10:00 Yoga 10:30 "HOW TO DE-CLUTTER" – "PART III: How to Set Goals When I Feel Overwhelmed with Things" 1:00 Table Tennis 5:15 MEET & EAT – SCOTT'S TRI-CITY (2064 Oakland Rd, FC) | 8:30 Wednesday Walk 25 8:45 Aerobics 9-11:30 "LIVING HEALTHY WITH DIABETES" (5TH CLASS) 9-11 Silver Threads & Needles 10:00 Line Dancing 10:00 SENIOR SHINERS LEAVING CENTER TO GO TO FAIRHAVEN 12:30 Oil Art Group 12:30 Slow-moving Exercise | 9-11 Silver Threads & Needles 26 10:00 CORN HOLE PRACTICE 12:00 – 4:00 Bridge 12:30 Just Dance 1:00 PERFORMING ARTS TECHNICAL WORKSHOP – ATTENDANCE IS MANDATORY FOR ALL PERFORMERS! | 8:45 Aerobics 27 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis <div style="border: 1px dashed green; padding: 2px; text-align: center;"> PERFORMING ARTS SHOW (FOLLIES) 7:00 p.m. </div> |
| 8:45 Aerobics 30 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:45 SR TARHEEL REPRESENTATIVE "2015 TOP LEGISLATIVE PRIORITIES" 12:30 Slow-moving Exercise 5:30 ZUMBA | 9-11 Silver Threads & Needles 31 9:30-11:30 Computer Assistance w/Sandra Boyd 10:00 Yoga 10:30 "KIDNEY HEALTH" – KELLY FLYNN, RN DAVITA DIALYSIS 11:30 BIRTHDAY RECOGNITION 1:00 Table Tennis | SENIOR CENTER HOURS OF OPERATION: MON. 7:30 a.m.–5:00 p.m. and TUES – FRI. 8:30 a.m.–5:00 p.m. For questions about the Center or to make an appointment with a certified SHIP counselor call 287-6409 FREE AARP TAX-AIDE FOUNDATION APPOINTMENTS AVAILABLE EACH THURS. & FRI. (FEB 5 – APR. 10) "LIVING HEALTHY WITH DIABETES" – 6TH & FINAL CLASS – APRIL 1 (9 – 11:30 a.m.) SENIOR GAMES SPORTING EVENTS: APRIL 2 – 17 | | |

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, Notary Public, Wi-Fi, Scheduled Transit Stop