

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – AUGUST 2015 (Hours: Mon. 7:30 – 5 pm & Tues.-Fri. 8:30 – 5 pm)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Aerobics 3 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 6:45 ZUMBA* **note NEW time**</p>	<p>8:45 WALKING CLUB 4 9-11 Silver Threads & Needles 10:00 Yoga 10:30 "HOW TO SAVE \$ W/COUPONS" 11:15 CHAIR EXERCISE 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 5 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 BEGINNERS ART PROJECT WITH THE GRANDKIDS 10:00 Line Dancing 10:00 "TRIP TO SHELBY THRIFT STORES & PIZZA INN" 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 6 10:30 CRAFTING WITH CRYSTAL (COUPON ORGANIZER) 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance/J.Cole</p>	<p>8:45 Aerobics 7 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>BARGAIN HUNTER'S WEEK → → →</p>				
<p>8:45 Aerobics 10 9:00 SilverStriders 9-11 BLOOD PRESSURE CHECK 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 WALKING CLUB MEETING 12:30 Slow-moving Exercise 6:45 ZUMBA* **note NEW time**</p>	<p>8:45 WALKING CLUB 11 9-11 Silver Threads & Needles 9:30 TRIP TO FARMERS MARKET 10:00 Yoga 10:45 "GRIEFSHARE" BY: GEORGE ALLEN, GRACE CHAPEL 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 12 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 MYOBALANCE: MUSCULAR THERAPY, STEVEN GREEN 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 13 10:30 LEARN SIGN LANGUAGE WITH CASSIDY UPTON 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance/J.Cole</p>	<p>8:45 Aerobics 14 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis</p>
<p>8:45 Aerobics 17 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise 6:45 ZUMBA* **note NEW time**</p>	<p>8:45 WALKING CLUB 18 9-11 Silver Threads & Needles 10:00 Yoga 10:30 "WHAT'S NEW AT INGLES" BY: LEAH MCGRATH, RD, LDN 1:00 Table Tennis 1:00 DOG DAYS OF SUMMER BINGO</p>	<p>8:30 Wednesday Walk 19 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY 9:30 "LET'S MAKE DOG BISCUITS" 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 20 10:30 "WHAT IS A SERVICE DOG" W/ KIMBERLY CHRISTENSEN & LARKIN 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance/J.Cole</p>	<p>8:45 Aerobics 21 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 1:00 ICE CREAM SHOP</p>
<p>→ → → "DOG DAYS OF SUMMER" WEEKLONG CELEBRATION → → →</p>				
<p>8:45 Aerobics 24 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise</p>	<p>8:45 WALKING CLUB 25 9-11 Silver Threads & Needles 9:30 TRIP TO FARMERS MARKET 10:00 Yoga 10:30 CARD MAKING CLASS 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 26 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:45 BARN QUILTS – RON & RUTH PATTEN 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 27 10:30 "USE IT OR LOSE IT" 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance/J.Cole</p>	<p>8:45 Aerobics 28 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis 6:00 "THE ODD COUPLE" (PLAY)</p>
<p>8:45 Aerobics 31 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 BIRTHDAY RECOGNITION 12:30 Slow-moving Exercise 6:45 ZUMBA* **note NEW time**</p>	<p>WE ARE COLLECTING SCHOOL SUPPLIES DURING THE MONTH OF AUGUST </p>	<p>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, Paper Shredder, Notary Public, Wi-Fi, Scheduled Transit Stop For questions about the Center or to make an appointment with a certified SHIP counselor call 287-6409</p>		