

## RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – JANUARY 2016

| MONDAY                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                                                                    |                 |
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| <p><b>If you have questions about the Center or would like to make an appointment with a certified SHIIP counselor call 287-6409</b></p>                                                                                                                      | <p>Let it be known what Rutherford Senior Center means to you! This February hundreds of seniors from senior centers across NC will be mailing Valentines to their Legislators. The Valentine includes a “Thank You” for funding Senior Centers. On the Valentine you can provide one to two statements of what your local Senior Center means to you. Participating in this event will put and keep our Senior Centers on the minds of our Legislators. <b>Join us and the NC Senior Center Alliance in thanking your legislator(s) for funding Rutherford County Senior Center by attending our “Valentine Advocacy Event” on Feb. 4 at 10:30.</b></p> |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                               | <b>CLOSED -<br/>NEW YEAR’S DAY</b>                                                                                                                                                                                                        | <p><b>1</b></p> |
| <p>8:45 Aerobics <b>4</b><br/>9:00 SilverStriders<br/>9:00 - 2:30 Art Group<br/>9-11 Silver Threads &amp; Needles<br/><b>11:15 CHAIR EXERCISE</b><br/><b>1:00 B-I-N-G-O</b><br/><b>6:00 ZUMBA *Note NEW Time*</b></p>                                         | <p><b>8:45 RED HOT CHILI STEPPERS WALKING CLUB 5</b><br/>9-11 Silver Threads &amp; Needles<br/><del>10:00 Yoga CANCELLED</del><br/><b>10:30 NEW YEAR’S REFLECTIONS</b><br/>1:00 Table Tennis</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p><b>8:30-11:15 ELVIS “FUN” DAY 6</b><br/>8:30 Wednesday Walk<br/>8:45 Aerobics<br/>9-11 Silver Threads &amp; Needles<br/>10:00 Line Dancing<br/><b>10:45 ELVIS “LIVE” MUSIC</b><br/><b>1 1:15 ELVIS CONTEST WINNER ANNOUNCED</b><br/>12:30 Oil Art Group</p> | <p>9-11 Silver Threads &amp; Needles <b>7</b><br/><b>10:30 ADULT COLORING ACTIVITY</b><br/>12:00 – 4:00 Bridge<br/>12:30 Just Dance<br/>12:30– 2 Computer Assistance with Jim Cole<br/><b>4:00 SQUARE DANCE</b></p>                                                                                           | <p>8:45 Aerobics <b>8</b><br/>9:00 SilverStriders<br/>9-11 Silver Threads &amp; Needles<br/>10:00 Fellowship &amp; Singing<br/><b>10:30 BOOK CONVERSATIONS</b><br/>1:00 Table Tennis</p>                                                  |                 |
| <p>8:45 Aerobics <b>11</b><br/>9:00 SilverStriders<br/><b>9-11 BLOOD PRESSURE CHECK</b><br/>9:00 - 2:30 Art Group<br/>9-11 Silver Threads &amp; Needles<br/><b>10:30 RED HOT CHILISTEPPERS WALKING CLUB MEETING</b><br/><b>6:00 ZUMBA *Note NEW Time*</b></p> | <p><b>8:45 RED HOT CHILI STEPPERS WALKING CLUB 12</b><br/><b>8:45-11:15 “LIVING HEALTHY WITH DIABETES (6-WEEK CLASS)</b><br/>9-11 Silver Threads &amp; Needles<br/>10:00 Yoga<br/><b>10:30 CRAFTING W/CRYSTAL: PINECONE BIRDFEEDERS</b><br/>1:00 Table Tennis</p>                                                                                                                                                                                                                                                                                                                                                                                        | <p>8:30 Wednesday Walk <b>13</b><br/>8:45 Aerobics<br/>9-11 Silver Threads &amp; Needles<br/>10:00 Line Dancing<br/><b>10:30 PEN PALS</b><br/>12:30 Oil Art Group</p>                                                                                          | <p>9-11 Silver Threads &amp; Needles <b>14</b><br/><b>10:30 SPECIAL SPEAKER: JASON CARNEY, RFD REGIONAL ER</b><br/>12:00 – 4:00 Bridge<br/>12:30 Just Dance<br/><del>12:30– 2 Computer Assistance with Jim Cole CANCELLED</del><br/><b>4:00 SQUARE DANCE</b><br/><b>5:15 MEET &amp; EAT – FAT TRACY’S</b></p> | <p>8:45 Aerobics <b>15</b><br/>9:00 SilverStriders<br/>9-11 Silver Threads &amp; Needles<br/>10:00 Fellowship &amp; Singing<br/><b>11:15 CHAIR EXERCISE</b><br/>1:00 Table Tennis</p>                                                     |                 |
| <b>CLOSED -<br/>MARTIN LUTHER<br/>KING’S DAY</b>                                                                                                                                                                                                              | <p><b>8:45 RED HOT CHILI STEPPERS WALKING CLUB 19</b><br/><b>8:45-11:15 “LIVING HEALTHY WITH DIABETES (6-WEEK CLASS)</b><br/>9-11 Silver Threads &amp; Needles<br/>10:00 Yoga<br/><b>10:30 CRAFTING W/CRYSTAL: COFFEE COZY &amp; COASTER SET</b><br/>1:00 Table Tennis</p>                                                                                                                                                                                                                                                                                                                                                                               | <p>8:30 Wednesday Walk <b>20</b><br/>8:45 Aerobics<br/>9-11 Silver Threads &amp; Needles<br/><b>9:30 TEA PARTY</b><br/>10:00 Line Dancing<br/>12:30 Oil Art Group</p>                                                                                          | <p>9-11 Silver Threads &amp; Needles <b>21</b><br/><b>10:30 HEALTHY STEPS w/SALLY DIMUZIO</b><br/>12:00 – 4:00 Bridge<br/>12:30 Just Dance<br/>12:30– 2 Computer Assistance with Jim Cole<br/><b>4:00 SQUARE DANCE</b></p>                                                                                    | <p>8:45 Aerobics <b>22</b><br/>9:00 SilverStriders<br/>9-11 Silver Threads &amp; Needles<br/><b>9-11 SAUSAGE BISCUIT SALE</b><br/><b>9-2 CRAFT SALE/BAKE SALE FUNDRAISER</b><br/>10:00 Fellowship &amp; Singing<br/>1:00 Table Tennis</p> |                 |
| <p>8:45 Aerobics <b>25</b><br/>9:00 SilverStriders<br/>9:00 - 2:30 Art Group<br/>9-11 Silver Threads &amp; Needles<br/><b>10:30 RECIPE CLUB</b><br/><b>2:00 90’s AFTERNOON TEA</b><br/><b>6:00 ZUMBA *Note NEW Time*</b></p>                                  | <p><b>8:45 RED HOT CHILI STEPPERS WALKING CLUB 26</b><br/><b>8:45-11:15 “LIVING HEALTHY WITH DIABETES (6-WEEK CLASS)</b><br/>9-11 Silver Threads &amp; Needles<br/>10:00 Yoga<br/><b>10:30 CRAFTING W/CRYSTAL: SNOWMAN BRACELET &amp; SNOWFLAKE ORNAMENT</b><br/>1:00 Table Tennis</p>                                                                                                                                                                                                                                                                                                                                                                   | <p>8:30 Wednesday Walk <b>27</b><br/>8:45 Aerobics<br/>9-11 Silver Threads &amp; Needles<br/>10:00 Line Dancing<br/><b>10:30 M &amp; M CONVERSATIONS</b><br/>12:30 Oil Art Group</p>                                                                           | <p>9-11 Silver Threads &amp; Needles <b>28</b><br/><b>10:30 CHAIR VOLLEYBALL</b><br/>12:00 – 4:00 Bridge<br/>12:30 Just Dance<br/>12:30– 2 Computer Assistance with Jim Cole<br/><b>4:00 SQUARE DANCE</b></p>                                                                                                 | <p>8:45 Aerobics <b>29</b><br/>9:00 SilverStriders<br/>9-11 Silver Threads &amp; Needles<br/>10:00 Fellowship &amp; Singing<br/><b>11:15 CHAIR EXERCISE</b><br/><b>11:30 BIRTHDAY RECOGNITION</b><br/>1:00 Table Tennis</p>               |                 |

**SENIOR CENTER HOURS: MONDAY 7:30 a.m. – 5:00 p.m. Tuesday – Friday 8:30 a.m. – 5:00 p.m. 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. “LIVING HEALTHY w/DIABETES” registration deadline is Jan. 11 and space is limited. (Classes will continue Feb. 2, 9, & 16)**