

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Aerobics 2 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 6:00 ZUMBA	8:45 RED HOT CHILI STEPPERS 3 WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga 10:30 "ALL ABOUT VINEGAR" (MAY IS NATIONAL VINEGAR MONTH) 1:00 Table Tennis	8:30 Wednesday Walk 4 9:00 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 "BAG" B-I-N-G-O 12:30 Oil Art Group 1:00 B-I-N-G-O	9-11 Silver Threads & Needles 5 10:30 CRAFTING W/BOBBI ALLEN 12:00 – 4:00 Bridge 12:30 – 2 Computer Assistance/J.Cole 12:30 Just Dance 1:00 ICE CREAM SHOP 4:00 SQUARE DANCE	9:00 Aerobics 6 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:00 MARIAN CORN/SVS. FOR BLIND 1:00 Table Tennis 6:00 SENIOR GAMES CLOSING GALA & SPORTING AWARDS
IT'S "NATIONAL GRUMP OUT WEEK!" --- SO LET'S ALL "LIGHTEN UP!" & REFRAIN FROM BEING GRUMPY, FROWNING, OR COMPLAINING THIS ENTIRE WEEK				
9:00 Aerobics 9 9:00 SilverStriders 9-10 MUFFINS FOR MOMS 9-11 BLOOD PRESSURE CHECK 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:45 MOTHER'S DAY ACTIVITY & RECOGNITION 6:00 ZUMBA	8:45 RED HOT CHILI STEPPERS 10 WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga 10:30 PEN PALS 1:00 Table Tennis <div style="border: 1px solid black; padding: 5px; text-align: center;"> VOLUNTEER APPRECIATION BREAKFAST 8:30 – 9:30 </div>	8:30 Wednesday Walk 11 9:00 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 "ELDER LAW" – BY: GREG MCINTYRE 11:30 -> INDIVIDUAL APPNTS W/GREG MCINTYRE (must sign up) 12:30 Oil Art Group	9-11 Silver Threads & Needles 12 10:30 CRAFTING W/CRYSTAL 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 12:30 – 2 Computer Assistance/J.Cole 12:30 Just Dance 1:00 "WRAPPING PAPER" B-I-N-G-O 4:00 SQUARE DANCE	9:00 Aerobics 13 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis <div style="border: 1px solid black; padding: 5px; text-align: center;"> TAILGATE YARD SALE 8:00 – 11:00 (Rain Date: 5/20) </div>
SUNDAY 15 1:15 TRIP TO GREEN ROOM THEATER "THE ADDAMS FAMILY"	8:45 RED HOT CHILI STEPPERS 17 WALKING CLUB 9-11 Silver Threads & Needles 9:45 BAKING CHOCOLATE CHIP COOKIES (TODAY IS NATIONAL CHOCOLATE CHIP COOKIE DAY) 10:00 Yoga 1:00 Table Tennis 1:00 BUTTERBEAN AUCTION 5:15 MEET & EAT – BIG DAVES	8:30 Wednesday Walk 18 9:00 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY 10:00 Line Dancing 10:30 "FABULOUS 50'S TRIVIA FUN" WITH MARIA DAVIS 12:30 Oil Art Group	9-11 Silver Threads & Needles 19 10:30 "STRESS & DIABETES" BY: ANITA PHILLIPS, RN 10:45 TRIP TO STRAWBERRY HILL FOR LUNCH & STRAWBERRIES 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole 4:00 SQUARE DANCE	9:00 Aerobics 20 9:00 SilverStriders 9:30 CHAT WITH THE DIRECTOR 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:45 "CHEERFUL VOICES" DIRECTED BY: TONY SPENCER 1:00 Table Tennis
9:00 Aerobics 16 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 1:00 POPCORN 6:00 ZUMBA	8:45 RED HOT CHILI STEPPERS 24 WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga 10:30 "HOW TO START THE DE-CLUTTERING PROCESS" BY: JANE ARMSTRONG 12:45 TRIP TO HAMRICKS & ICE CREAM 1:00 Table Tennis	8:30 Wednesday Walk 25 9:00 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 9:30 PEN PALS VISIT SPINDALE ELEMENTARY PEN PALS 12:30 Oil Art Group	9-11 Silver Threads & Needles 26 10:30 MASTER GARDENER NANCY MILLEMAN DISCUSSES DAY LILIES 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole 4:00 SQUARE DANCE	9:00 Aerobics 27 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis
23 9:00 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles	8:45 RED HOT CHILI STEPPERS 24 WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga 10:30 "HOW TO START THE DE-CLUTTERING PROCESS" BY: JANE ARMSTRONG 12:45 TRIP TO HAMRICKS & ICE CREAM 1:00 Table Tennis	8:30 Wednesday Walk 25 9:00 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 9:30 PEN PALS VISIT SPINDALE ELEMENTARY PEN PALS 12:30 Oil Art Group	9-11 Silver Threads & Needles 26 10:30 MASTER GARDENER NANCY MILLEMAN DISCUSSES DAY LILIES 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole 4:00 SQUARE DANCE	9:00 Aerobics 27 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis
30 CLOSED IN OBSERVANCE OF MEMORIAL DAY	8:45 RED HOT CHILI STEPPERS 31 WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga 10:30 LAKE LURE CLOGGERS 11:30 BIRTHDAY RECOGNITION 1:00 Table Tennis	MAY IS OLDER AMERICAN'S MONTH – THE 2016 THEME IS: "BLAZE A TRAIL"	If you have questions about the Center or would like to make an appointment with a certified SHIIP counselor call 287-6409	SENIOR CENTER HOURS: Mon: 7:30 a.m. – 5:00 p.m. Tues – Fri: 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.

THE SENIOR CENTER & SATELITE SITES ARE COLECTING NEW & GENTLY USED BOOKS FOR THE SCHOOL'S "GIVE 5, READ 5" PROGRAM ALL MONTH