

# RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Aerobics <span style="float: right;"><b>1</b></span>            9:00 SilverStriders            9:00 - 2:30 Art Group            9-11 Silver Threads &amp; Needles  <b>6:00 ZUMBA</b></p> <div style="border: 2px solid red; border-radius: 15px; padding: 10px; margin: 10px 0; text-align: center; color: red;"> <p><b>We are collecting SCHOOL SUPPLIES the entire month of August</b></p> </div>	<p>8:45 Red Hot Chili Steppers <span style="float: right;"><b>2</b></span>            Walking Club            9-11 Silver Threads &amp; Needles            10:00 Yoga  <b>10:30 "FACT OR CRAP" – FUN TRIVIA ACTIVITY</b>  <b>11:15 CHAIR EXERCISE</b>            1:00 Table Tennis</p>	<p>8:30 Wednesday Walk <span style="float: right;"><b>3</b></span>  <b>8:45-11:15 LIVING HEALTHY w/CHRONIC ILLNESS (week 3)</b>            9:00 Aerobics            9-11 Silver Threads &amp; Needles            10:00 Line Dancing  <b>10:30 NATIONAL WATERMELON DAY TRIVIA FUN &amp; DECORATING CUP- CAKES LIKE WATERMELONS</b>            12:30 Oil Art Group  <b>1:00 WATERMELON SLICING</b></p>	<p>9-11 Silver Threads &amp; Needles <span style="float: right;"><b>4</b></span>  <b>10:45 TRIP TO GAFFNEY FOR LUNCH &amp; WATERMELON SHAKES AT THE COOK-OUT &amp; SHOPPING AT OUTLET MALL</b>            12:00 – 4:00 Bridge            12:30 Just Dance            12:30 – 2 Computer Assistance/J.Cole</p> <div style="text-align: center;">  </div>	<p>9:00 Aerobics <span style="float: right;"><b>5</b></span>            9:00 SilverStriders            9-11 Silver Threads &amp; Needles            10:00 Fellowship &amp; Singing            1:00 Table Tennis</p>
<p>9:00 Aerobics <span style="float: right;"><b>8</b></span>            9:00 SilverStriders  <b>9-11 BLOOD PRESSURE CHECKS BY: WHITE OAK OF RUTHERFORDTON</b>            9:00 - 2:30 Art Group            9-11 Silver Threads &amp; Needles</p>	<p>8:45 Red Hot Chili Steppers <span style="float: right;"><b>9</b></span>            Walking Club            9-11 Silver Threads &amp; Needles            10:00 Yoga  <b>11:00 "HABITAT FOR HUMANITY" PRESENTATION – KIM FREEMAN</b>            1:00 Table Tennis</p>	<p>8:30 Wednesday Walk <span style="float: right;"><b>10</b></span>  <b>8:45-11:15 LIVING HEALTHY w/CHRONIC ILLNESS (week 4)</b>            9:00 Aerobics            9-11 Silver Threads &amp; Needles            10:00 Line Dancing  <b>10:30 NATIONAL SMORE'S DAY - MARSHMALLOW GAMES &amp; MAKING SMORE'S</b>            12:30 Oil Art Group</p>	<p>9-11 Silver Threads &amp; Needles <span style="float: right;"><b>11</b></span>  <b>10:30 NATIONAL LEFT HANDER'S DAY "CHALLENGES FOR LEFT HANDERS" ACTIVITY</b>            12:00 – 4:00 Bridge            12:30 Just Dance            12:30 – 2 Computer Assistance/J.Cole</p>	<p>9:00 Aerobics <span style="float: right;"><b>12</b></span>            9:00 SilverStriders            9-11 Silver Threads &amp; Needles            10:00 Fellowship &amp; Singing            1:00 Table Tennis</p>
<p>9:00 Aerobics <span style="float: right;"><b>15</b></span>            9:00 SilverStriders            9:00 - 2:30 Art Group            9-11 Silver Threads &amp; Needles  <b>10:30 "BATTER, SPLATTERS, &amp; PLATTERS" – RECIPE CLUB</b></p>	<p>8:45 Red Hot Chili Steppers <span style="float: right;"><b>16</b></span>            Walking Club            9-11 Silver Threads &amp; Needles            10:00 Yoga  <b>10:30 TECH SUPPORT PROGRAM (HELP WITH YOUR CELL PHONE)</b>            1:00 Table Tennis</p>	<p>8:30 Wednesday Walk <span style="float: right;"><b>17</b></span>  <b>8:45-11:15 LIVING HEALTHY w/CHRONIC ILLNESS (week 5)</b>            9:00 Aerobics            9-11 Silver Threads &amp; Needles  <b>9:30 TEA PARTY</b>            10:00 Line Dancing            12:30 Oil Art Group</p>	<p>9-11 Silver Threads &amp; Needles <span style="float: right;"><b>18</b></span>  <b>10:00 CRAFTING W/BOBBI ALLEN – MAKING A SNOWMAN</b>            12:00 – 4:00 Bridge            12:30 Just Dance            12:30 – 2 Computer Assistance/J.Cole</p>	<p>9:00 Aerobics <span style="float: right;"><b>19</b></span>            9:00 SilverStriders            9-11 Silver Threads &amp; Needles            10:00 Fellowship &amp; Singing            1:00 Table Tennis</p>
<p>9:00 Aerobics <span style="float: right;"><b>22</b></span>            9:00 SilverStriders            9:00 - 2:30 Art Group            9-11 Silver Threads &amp; Needles</p> <div style="text-align: center;">  </div>	<p>8:45 Red Hot Chili Steppers <span style="float: right;"><b>23</b></span>            Walking Club  <b>8:30 – 11:15 HAWAIIAN SCAVENGER HUNT</b>            9-11 Silver Threads &amp; Needles  <del>10:00 Yoga</del> <b>CANCELLED</b>            1:00 Table Tennis</p>	<p>8:30 Wednesday Walk <span style="float: right;"><b>24</b></span>  <b>8:45-11:15 LIVING HEALTHY w/CHRONIC ILLNESS (week 6)</b>            9:00 Aerobics            9-11 Silver Threads &amp; Needles            10:00 Line Dancing  <b>10:30 CRAFTING WITH CRYSTAL/ MAKING HAWAIIAN LEIS</b>            12:30 Oil Art Group</p>	<p>9-11 Silver Threads &amp; Needles <span style="float: right;"><b>25</b></span>  <b>10:30 HAWAIIAN GAMES, HAWAIIAN MUSIC, AND HAWAIIAN LEMONADE</b>            12:00 – 4:00 Bridge            12:30 Just Dance            12:30 – 2 Computer Assistance/J.Cole  <b>1:00 ICE CREAM SHOP w/HAWAIIAN TOPPINGS</b></p>	<p>9:00 Aerobics <span style="float: right;"><b>26</b></span>            9:00 SilverStriders            9-11 Silver Threads &amp; Needles            10:00 Fellowship &amp; Singing  <b>11:15 HAWAIIAN PARADE</b>            1:00 Table Tennis</p> <div style="text-align: center;">  <p style="color: red; font-weight: bold;">WEAR HAWAIIAN SHIRTS, DRESSES, SKIRTS, HATS, LEIS, JEWELRY TODAY!</p> </div>
<p>9:00 Aerobics <span style="float: right;"><b>29</b></span>            9:00 SilverStriders            9:00 - 2:30 Art Group            9-11 Silver Threads &amp; Needles</p>	<p>8:45 Red Hot Chili Steppers <span style="float: right;"><b>30</b></span>            Walking Club            9-11 Silver Threads &amp; Needles  <del>10:00 Yoga</del> <b>CANCELLED</b>  <b>10:30 "WOULD YOU RATHER" - FUN ACTIVITY</b>            1:00 Table Tennis</p>	<p>8:30 Wednesday Walk <span style="float: right;"><b>31</b></span>            9:00 Aerobics            9-11 Silver Threads &amp; Needles            10:00 Line Dancing  <b>10:30 "USE IT OR LOSE IT" – FUN ACTIVITY</b>  <b>11:30 BIRTHDAY RECOGNITION</b>            12:30 Oil Art Group</p>	<p style="color: red; font-weight: bold;">If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409</p>	
<p style="color: red; font-weight: bold; font-size: 1.2em;">CELEBRATING HAWAII WEEK →</p>				
<p style="color: red; font-weight: bold; font-size: 1.2em;"><u>SENIOR CENTER HOURS:</u>  <b>Mon: 7:30 a.m. – 5:00 p.m.</b>  <b>Tues – Fri: 8:30 a.m. – 5:00 p.m.</b></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 Public Transit Stop (10:44 a.m. & 12:51 p.m.)

\*\*COMING IN SEPTEMBER: SEPTEMBER IS NATIONAL SENIOR CENTER MONTH\*\*