THE SENIOR CENTER CALENDAR – APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise	**2** 9:00 Needlework **9:30-11:30 BASKETBALL PRACTICE – CALLISON RECREATION CENTER** 10:00-11:00 Computer Assistance 10:00 Yoga **1:00 HORSESHOE PRACTICE**	**3** 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing **10:30 SR GAMES PICTIONARY** 12:30 Oil Art Group 12:30 Slow-moving Exercise **1:00 BOCCE PRACTICE**	**4** 9:00 Needlework 12:00 – 4:00 Bridge **1:00 PERFORMING ARTS TECHNICAL WORKSHOP** ****REQUIRED****	**5** 8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise **7:00 SENIOR PERFORMING ARTS FOLLIES**
8 8:45 Aerobics **9-11 BLOOD PRESSURE CHECK** 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet **10:30 SHIIP PROGRAM: MEDICARE FRAUD & ABUSE** 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise	**9** **8:30 TRIP TO CONCORD MILLS** 9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga **10:30 SURE RESPONSE PROGRAM-J.POWELL, VERIZON** **1:00 DIABETIC SUPPORT GROUP-METABOLIC SYNDROME**	**10** 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing **10:30 PEN PALS** 12:30 Oil Art Group 12:30 Slow-moving Exercise **1:00 TABLE TENNIS PRACTICE**	**11** 9:00 Needlework **10:30 CRAFT TIME WITH LAVADA WALL** 12:00 – 4:00 Bridge **5:15 MEET & EAT CLUB – HICKORY LOG FAMILY RESTURANT, SPINDALE**	**12** 8:45 Aerobics **9:00 SILVERSTRIDERS FUN WALK** **10:30 OPENING GALA** 12:30 Slow-moving Exercise **1:00 SENIOR GAMES BEGIN**
15 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise	**16** 9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga	**17** 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	**18** 9:00 Needlework 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance	**19** 8:45 Aerobics 9:00 SilverStriders 12:30 Slow-moving Exercise
SENIOR GAMES – APRIL 12-26 (RAIN DATES: APRIL 29-MAY 1)				
22 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise	**23** 9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga	**24** 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	**25** 9:00 Needlework 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance	**26** 8:45 Aerobics 9:00 SilverStriders 12:30 Slow-moving Exercise
29 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise	**30** 9:00 Needlework 10:00-11:00 Computer Class 10:00 Yoga **11:30 BIRTHDAY RECOGNITION**	**DAILY EVENTS:** Billiards, Board Games, Bocce Ball, Horseshoes, Shuffleboard, TV Available, Newspaper Table Tennis, Playing Cards, Walking Trail, Exercise Equip., Computer Lab, Coupon Room, Magazines	**8:30 a.m. – 5:00 p.m.** Conversation Medical Equipment Chair Fitness Videos Public Transportation Stop **FOR ADDITIONAL INFORMATION CALL 287-6409**	**UPCOMING:** **FRIDAY, MAY 10** **8:00 - 11:30** **TAIL-GATE YARD SALE**