

THE SENIOR CENTER CALENDAR OF EVENTS – APRIL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you have questions about the Senior Center or need to make an appointment with a certified SHIP counselor call 287-6409</p>	<p>9-11 Silver Threads & Needles 1 10:00 -11:00 Computer Assistance 10:00 Yoga 10:00 FOOTBALL TOSS PRACTICE 1:00 Table Tennis</p> <p style="text-align: center;"><i>APRIL FOOL'S DAY</i></p>	<p>8:30 Wednesday Walk 2 8:45 Aerobics 9 -11 Silver Threads & Needles 10:00 Line Dancing 10:30 "TOP 5 LEGISLATIVE PRIORITIES" - RFD CO. SENIOR TARHEEL DELEGATE 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9 -11 Silver Threads & Needles 3 12:00 – 4:00 Bridge 1:00 PERFORMING ARTS TECHNICAL WORKSHOP 1:00 Just Dance</p>	<p>8:45 Aerobics 4 9:00 SilverStriders 9 -11 Silver Threads & Needles 10:00 CORN HOLE PRACTICE 10:00 SHUFFLEBOARD PRACTICE 12:30 Slow-moving Exercise 1:00 Table Tennis</p> <div style="border: 1px solid black; background-color: #d9ead3; padding: 5px; text-align: center; margin-top: 10px;"> <p>PERFORMING ARTS FOLLIES 7:00 p.m.</p> </div>
	<p>8:45 Aerobics 7 9:00 SilverStriders 9:00 - 2:30 Art Group 9 -11 Silver Threads & Needles 10:00 HORSESHOE PRACTICE 12:30 Slow-moving Exercise 1:00 HORSESHOE PRACTICE</p>	<p>9-11 Silver Threads & Needles 8 10:00 -11:00 Computer Assistance 10:00 Yoga 10:30 PEN PALS 1:00 CORNHOLE PRACTICE 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 9 8:45 Aerobics 9 -11 Silver Threads & Needles 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise 1:00 BOCCE PRACTICE</p>	<p>9 -11 Silver Threads & Needles 10 9:00 SILVERSTRIDERS – FUN WALK 10:30 SENIOR GAMES – OPENING GALA 12:00 – 4:00 Bridge 1:00 Just Dance</p>
<p>SENIOR GAMES SPORTING EVENTS: APRIL 10 – 25 (see Senior Games Schedule of Events list for dates & times)</p>				
<p>8:45 Aerobics 14 9 -11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9 -11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA</p>	<p>9 -11 Silver Threads & Needles 15 10:00 -11:00 Computer Assistance 10:00 Yoga 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 16 8:45 Aerobics 9 -11 Silver Threads & Needles 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9 -11 Silver Threads & Needles 17 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance</p>	<p>18</p> <p style="font-size: 24px; font-weight: bold; margin: 10px 0;">SENIOR CENTER CLOSED</p> <p style="font-style: italic; margin: 0;">GOOD FRIDAY</p>
<p>8:45 Aerobics 21 9:00 SilverStriders 9:00 - 2:30 Art Group 9 -11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA</p>	<p>9 -11 Silver Threads & Needles 22 10:00-11:00 Computer Assistance 10:00 Yoga 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 23 8:45 Aerobics 9 -11 Silver Threads & Needles 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9 -11 Silver Threads & Needles 24 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance</p>	<p>8:45 Aerobics 25 9:00 SilverStriders 9 -11 Silver Threads & Needles 12:30 Slow-moving Exercise 1:00 Table Tennis</p>
<p>8:45 Aerobics 28 9:00 SilverStriders 9:00 - 2:30 Art Group 9 -11 Silver Threads & Needles 12:30 Slow-moving Exercise</p>	<p>9 -11 Silver Threads & Needles 29 10:00 -11:00 Computer Assistance 10:00 Yoga 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 30 8:45 Aerobics 9 -11 Silver Threads & Needles 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p style="text-align: center; font-weight: bold; margin: 0;">SENIOR GAMES CLOSING CEREMONY & ATHLETIC AWARDS: MAY 2 – 6:00 p.m.</p>	<p style="text-align: center; font-weight: bold; margin: 0;">COMING IN MAY.... TAILGATE YARD SALE FRIDAY, MAY 9 (RAIN DATE MAY 16)</p>

HOURS OF OPERATION: MONDAY 7:30 a.m. – 5:00 p.m. TUESDAY – FRIDAY 8:30 a.m. – 5:00 p.m.

DAILY DROP-IN EVENTS INCLUDE: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Newspaper & Magazines, Coupon Room, Computer Lab, Chair Fitness Videos, Medical Equipment, Exercise Equipment, TV & Conversation, Library, Puzzles, Public Transportation Stop