

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – SEPTEMBER 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p>SENIOR CENTER HOURS: Mon: 7:30 a.m. – 5:00 p.m. Tues – Fri: 8:30 a.m. – 5:00 p.m.</p> <p>-----</p> <p>If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409</p> | <p>Happy Grandparents Day!</p>  <p>Sunday, Sept. 11</p> | <p>SEPTEMBER IS NATIONAL SENIOR CENTER MONTH – This year's theme is: “Find Balance at Your Center!”</p> | <p>9-11 Silver Threads & Needles 1</p> <p>10:45 SPECIAL SPEAKER: MARIA DAVIS – DISCUSSING THE COUNTY, HAYNES, AND MOUNTAINS LIBRARIES</p> <p>12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole</p> | <p>9:00 Aerobics 2</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:00 SPECIAL SPEAKER: KIM KEEVER “5-2-1 ALMOST NONE” 1:00 Table Tennis</p> |
| <p>5</p> <p>THE CENTER & SATELLITE NUTRITION SITES ARE CLOSED FOR:</p>  <p>LABOR DAY</p> | <p>8:45 Red Hot Chili Steppers 6 Walking Club 9-11 Silver Threads & Needles 10:00 Yoga-CANCELLED 10:30 “USE IT OR LOSE IT” 1:00 Table Tennis</p> | <p>8:30 Wednesday Walk 7 9:00 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 FAMILY FEUD 12:30 Oil Art Group</p> | <p>9-11 Silver Threads & Needles 8</p> <p>10:30 NAME THAT TUNE WITH RODNEY GREENE</p> <p>12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole</p> | <p>9:00 Aerobics 9</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:00 - 1:30 “CRUISE-IN” CAR SHOW 1:00 Table Tennis 6:00 – 9:00 DANCE FEATURING THE RUSTY & CHIQUITA COLLINS BAND</p> |
| <p>9:00 Aerobics 12 9:00 SilverStriders 9-11 BLOOD PRESSURE CHECKS BY: WHITE OAK OF RUTHERFORDTON 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:45 RED HOT CHILI STEPPER’S WALKING CLUB MEETING 6:00 ZUMBA</p> | <p>8:45 Red Hot Chili Steppers 13 Walking Club 9-11 Silver Threads & Needles 10:00 Yoga 10:30 LEAH MCGRATH: “HOW TO BE A SMART SHOPPER & FOOD MYTHS THAT ARE COSTING YOU MONEY” (INGLES DIETICIAN) 1:00 Table Tennis 1:00 BINGO “VARIATIONS”</p> | <p>8:30 Wednesday Walk 14 9:00 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 NATIONAL COUPON MONTH: “COUPON SAVINGS TIPS” 12:30 Oil Art Group 1:00 TRIP TO HAMRICK’S OF GAFFNEY</p> | <p>9-11 Silver Threads & Needles 15</p> <p>9 – 12:30 PRIME OF LIFE FESTIVAL AT THE FOUNDATION (ICC)</p> <p>12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole 5:15 MEET & EAT – DON’S ITALIAN</p> | <p>9:00 Aerobics 16</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis</p> |
| <p>9:00 Aerobics 19 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:45 “BATTER, SPLATTERS, & PLATTERS” – RECIPE CLUB 1:00 ICE CREAM SHOP 6:00 ZUMBA</p> | <p>8:45 Red Hot Chili Steppers 20 Walking Club 9-11 Silver Threads & Needles 10:00 Yoga 10:30 PEN PALS 1:00 Table Tennis 1:00 “GIVE ME A BREAK” BINGO</p> | <p>8:30 Wednesday Walk 21 9:00 Aerobics 9-11 Silver Threads & Needles 9-11 “BRING A GUEST DAY” TOURS 9:30 TEA PARTY 10:00 Line Dancing 12:30 Oil Art Group 1-2 “BRING A GUEST DAY” TOURS</p> | <p>9-11 Silver Threads & Needles 22</p> <p>10:30 “FATS, THE GOOD, THE BAD, THE UGLY” (DIABETES CLASS) BY: ANITA PHILLIPS, RN</p> <p>12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole</p> | <p>9:00 Aerobics 23</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 1:00 Table Tennis 2-4 SENIORS & AKTION CLUB DANCE (anyone 55 or older is welcome to attend - \$1 admission)</p> |
| <p>9:00 Aerobics 26 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:00 SPECIAL SPEAKER: VANESSA PARTON - “RELATIVES AS PARENTS” 6:00 ZUMBA</p> | <p>8:45 Red Hot Chili Steppers 27 Walking Club – TRIP TO ICC TRAILS 9-11 Silver Threads & Needles 10:00 Yoga 10:45 “BE FIT” w/TISH ZIMMERMAN, BROOKDALE 1:00 Table Tennis</p> | <p>8:30 Wednesday Walk 28 9:00 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 CRAFTING w/CRYSTAL – MAKING A SCARECROW MAGNET 12:30 Oil Art Group</p> | <p>9-11 Silver Threads & Needles 29</p> <p>10:30 GARDEN ROCK PAINTING w/ KIRK & NANCY MILLEMAN</p> <p>12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole</p> | <p>9:00 Aerobics 30</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:30 BIRTHDAY RECOGNITION 1:00 Table Tennis</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 OCTOBER: DECLUTTERING CLASS, TAILGATE YARD SALE, MYSTERY TRIP, ANNUAL HEALTH & WELLNESS FAIR