

## THE SENIOR CENTER CALENDAR OF EVENTS – JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Aerobics <b>2</b>                      9:00 SilverStriders                      9:00 - 2:30 Art Group                      9-11 Silver Threads &amp; Needles                      12:30 Slow-moving Exercise  <b>5:30 ZUMBA</b></p>	<p>9-11 Silver Threads &amp; Needles <b>3</b>                      10:00-11:00 Computer Assistance                      10:00 Yoga  <b>10:30 MAGAZINE SCAVENGER HUNT</b>                      1:00 Table Tennis  <b>5:30 "MEDICARE 101"</b></p>	<p>8:30 Wednesday Walk <b>4</b>                      8:45 Aerobics                      9-11 Silver Threads &amp; Needles                      10:00 Line Dancing  <b>10-11:30 CORN HOLE &amp; SHUFFLE BOARD PRACTICE</b>                      12:30 Oil Art Group                      12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads &amp; Needles <b>5</b>  <b>10:30 "USE IT OR LOSE IT"</b>                      12:00 – 4:00 Bridge                      12:30 – 2:00 Computer Assistance                      1:00 Just Dance  <b>6:00 SQUARE DANCE CLASS</b></p>	<p>8:45 Aerobics <b>6</b>                      9:00 SilverStriders                      9-11 Silver Threads &amp; Needles                      10:00 Fellowship &amp; Singing                      12:30 Slow-moving Exercise                      1:00 Table Tennis</p>
<p>8:45 Aerobics <b>9</b>  <b>9-11 BLOOD PRESSURE CHECK</b>                      9:00 SilverStriders                      9:00 - 2:30 Art Group                      9-11 Silver Threads &amp; Needles                      12:30 Slow-moving Exercise  <b>1:00 Wii FUN</b></p>	<p>9-11 Silver Threads &amp; Needles <b>10</b>                      10:00-11:00 Computer Assistance                      10:00 Yoga  <b>10:30 CRAFTING W/CRYSTAL</b>  <b>11:15 CHAIR EXERCISE</b>                      1:00 Table Tennis  <b>1:00 ICE CREAM SHOP</b></p>	<p>8:30 Wednesday Walk <b>11</b>                      8:45 Aerobics                      9-11 Silver Threads &amp; Needles                      10:00 Line Dancing  <b>10:30 "PERENNIAL GARDENING" JAN MCGUINN</b>                      12:30 Oil Art Group                      12:30 Slow-moving Exercise</p>	<p><b>8:45 TRIP TO HAMRICK'S 12</b>                      9-11 Silver Threads &amp; Needles  <b>9:30-11:30 &amp; 12:30-2:30 AARP SAFETY DRIVING PROGRAM</b>                      12:00 – 4:00 Bridge                      12:30 – 2:00 Computer Assistance                      1:00 Just Dance  <b>6:00 SQUARE DANCE CLASS</b></p>	<p>8:45 Aerobics <b>13</b>                      9:00 SilverStriders                      9-11 Silver Threads &amp; Needles  <b>9:45 SENIOR SHINERS TRAVEL TO WILLOW RIDGE</b>                      10:00 Fellowship &amp; Singing                      12:30 Slow-moving Exercise                      1:00 Table Tennis  <b>WEAR RED, WHITE, BLUE TODAY FLAG DAY</b></p>
<p>8:45 Aerobics <b>16</b>  <b>9-10 DOUGHNUTS FOR DADS</b>                      9:00 SilverStriders                      9:00 - 2:30 Art Group                      9-11 Silver Threads &amp; Needles  <b>10:30 RECIPE CLUB</b>                      12:30 Slow-moving Exercise  <b>1:00 TRIP TO SWEET FROGS</b></p>	<p>9-11 Silver Threads &amp; Needles <b>17</b>                      10:00-11:00 Computer Assistance                      10:00 Yoga  <b>10:30 LEMONADE &amp; LAUGHS</b>  <b>11:15 CHAIR EXERCISE</b>                      1:00 Table Tennis</p>	<p>8:30 Wednesday Walk <b>18</b>                      8:45 Aerobics                      9-11 Silver Threads &amp; Needles  <b>9:30 TEA PARTY</b>                      10:00 Line Dancing                      12:30 Oil Art Group                      12:30 Slow-moving Exercise  <b>1:00 TRIP TO \$5 JEWELRY SALE (RUTHERFORD REGIONAL)</b></p>	<p>9-11 Silver Threads &amp; Needles <b>19</b>  <b>10:30 CHAIR VOLLEYBALL</b>                      12:00 – 4:00 Bridge                      12:30 – 2:00 Computer Assistance                      1:00 Just Dance  <b>1:00 Wii Fun</b>  <b>6:00 SQUARE DANCE CLASS</b></p>	<p>8:45 Aerobics <b>20</b>                      9:00 SilverStriders                      9-11 Silver Threads &amp; Needles                      10:00 Fellowship &amp; Singing                      12:30 Slow-moving Exercise                      1:00 Table Tennis</p> <div style="border: 1px dashed black; border-radius: 10px; padding: 5px; text-align: center;"> <p><b>SUMMER DANCE (LIVE BAND)</b>                          7:00 – 10:00 p.m.</p> </div>
<div style="border: 1px dashed black; border-radius: 10px; padding: 5px; text-align: center;"> <p><b>TRIP: SUN, JUNE 22 1:15 p.m. GREEN ROOM THEATER - "FOREVER PLAID"</b></p> </div> <p>8:45 Aerobics <b>23</b>                      9:00 SilverStriders                      9:00 - 2:30 Art Group                      9-11 Silver Threads &amp; Needles                      12:30 Slow-moving Exercise  <b>5:30 ZUMBA</b></p>	<p>9-11 Silver Threads &amp; Needles <b>24</b>  <b>9:30 MENTORS FOR HEARING ASSISTANCE PROGRAM</b>                      10:00-11:00 Computer Assistance                      10:00 Yoga  <b>10:30 SPECIAL PERFORMANCE: "INTERNATIONAL DANCES"</b>                      1:00 Table Tennis  <b>5:15 MEET &amp; EAT DON RAMON'S</b></p>	<p>8:30 Wednesday Walk <b>25</b>                      8:45 Aerobics                      9-11 Silver Threads &amp; Needles                      10:00 Line Dancing  <b>10:30 "MEN'S HEALTH ISSUES" DR. GLOVER LITTLE</b>                      12:30 Oil Art Group                      12:30 Slow-moving Exercise  <b>WEAR BLUE TODAY FOR MENS HEALTH MONTH</b></p>	<p>9-11 Silver Threads &amp; Needles <b>26</b>  <b>10:30 BASEBALL TRIVIA</b>                      12:00 – 4:00 Bridge                      12:30 – 2:00 Computer Assistance                      1:00 Just Dance  <b>1:00 Wii FUN</b>  <b>6:00 SQUARE DANCE CLASS</b></p>	<p>8:45 Aerobics <b>27</b>                      9:00 SilverStriders                      9-11 Silver Threads &amp; Needles                      10:00 Fellowship/Singing  <b>11:15 CHAIR EXERCISE</b>                      12:30 Slow-moving Exercise                      1:00 Table Tennis</p>
<p>8:45 Aerobics <b>30</b>                      9:00 SilverStriders                      9:00 - 2:30 Art Group                      9-11 Silver Threads &amp; Needles  <b>11:15 BIRTHDAY RECOGNITION</b>                      12:30 Slow-moving Exercise  <b>5:30 ZUMBA</b></p>	<p><b>JUNE IS NATIONAL MEN'S HEALTH MONTH</b></p> <div style="border: 2px dashed green; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>DAILY DROP-IN EVENTS INCLUDE:</b> Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Computer Lab, Exercise Equipment, TV &amp; Conversation, Puzzles – Also Available: Library, Newspaper &amp; Magazines, Coupon Room, Medical Equipment, Notary Public Service, and Scheduled Transit Stop</p> </div>			<p>Questions or need to make an appointment with a certified SHIIP counselor call 287-6409</p> <p>~~~~~</p> <p><b>Center Hours of Operation:</b>                      Mon: 7:30 a.m. – 5:00 p.m.                      Tues – Fri: 8:30 a.m. – 5:00 p.m.</p>

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