

THE SENIOR CENTER CALENDAR OF EVENTS – MAY 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>~~~~~</p> <p>Center Hours of Operation: Mon: 7:30 a.m. – 5:00 p.m. Tues – Fri: 8:30 a.m. – 5:00 p.m.</p>	<p style="text-align: center;">MAY IS OLDER AMERICANS MONTH</p> <p style="text-align: center;">THE THEME IS: “SAFE TODAY – HEALTHY TOMORROW”</p>		<p>9-11 Silver Threads & Needles 1</p> <p>9-11 QUILTING CLASS</p> <p>10:00 BREAKFAST WITH THE DIRECTOR</p> <p>12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance</p> <p>RAIN DATE FOR SENIOR GAMES</p>	<p>8:45 Aerobics 2</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30-1:00 DIABETIC SHOE CLINIC 12:30 Slow-moving Exercise 1:00 Table Tennis 6:00 SENIOR GAMES CLOSING CEREMONY & AWARDS</p>
<p>8:45 Aerobics 5</p> <p>9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Wii FUN 5:30 ZUMBA</p>	<p>9-11 Silver Threads & Needles 6</p> <p>9-11 QUILTING CLASS</p> <p>10:30 SPECIAL SPEAKER: “FRAUD & SCAMS”</p> <p>10:00-11:00 Computer Assistance 10:00 Yoga 1:00 Table Tennis 1:00 ICE CREAM SHOP</p>	<p>8:30 Wednesday Walk 7</p> <p>8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:00 TRIP TO SHELBY THRIFT STORES & PIZZA BUFFET</p> <p>10:30 PEN PALS 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 8</p> <p>9-11 QUILTING CLASS</p> <p>10:30 “USE IT OR LOSE IT”</p> <p>11:15 DRAWING FOR TAILGATE YARD SALE SPACES</p> <p>12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance</p>	<p>8:45 Aerobics 9</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>TAILGATE YARD SALE 8:00 a.m. – 11:00 a.m.</p> </div>
<p>8:45 Aerobics 12</p> <p>9-11 BLOOD PRESSURE CHECK</p> <p>9-10 MUFFINS FOR MOMS</p> <p>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 13</p> <p>9-11 QUILTING CLASS</p> <p>10:00-11:00 Computer Assistance 10:00 Yoga 10:30 SPECIAL SPEAKER: CHIROPRACTIC ACCUPUNCTURE 1:00 Table Tennis 1:00 COKE FLOATS</p>	<p>8:30 Wednesday Walk 14</p> <p>8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 LAKE LURE CLOGGERS</p> <p>12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 15</p> <p>9-11 QUILTING CLASS</p> <p>10:30 DIABETIC SUPPORT GROUP: “Exercise & Diabetes”</p> <p>12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance</p>	<p>8:45 Aerobics 16</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis 1:00 B-I-N-G-O</p>
<p>8:45 Aerobics 19</p> <p>9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise 5:30 ZUMBA</p>	<p>9-11 Silver Threads & Needles 20</p> <p>9-11 QUILTING CLASS</p> <p>10:00-11:00 Computer Assistance 10:00 Yoga 10:30 SPECIAL SPEAKER: “FLOWER ARRANGING” 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 21</p> <p>8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY</p> <p>9:30 PEN PALS TRAVEL TO SPINDALE ELEMENTARY</p> <p>10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 22</p> <p>9-11 QUILTING CLASS</p> <p>10:30 SPECIAL SPEAKER: WOODMEN OF THE WORLD</p> <p>12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance 5:15 MEET & EAT – BIG DAVE’S FOREST CITY</p>	<p>8:45 Aerobics 23</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing - cancelled 10:30 ROYAL QUARTET – GOSPEL SINGING 12:30 Slow-moving Exercise 1:00 Table Tennis</p>
<div style="border: 1px dashed black; padding: 5px;"> <p>SUNDAY, MAY 18 1:15 p.m.</p> <p>TRIP TO GREEN ROOM THEATRE: “REX’S EXES”</p> </div> <p style="text-align: center;">26</p>	<p>9-11 Silver Threads & Needles 27</p> <p>9-11 QUILTING CLASS</p> <p>10:00-11:00 Computer Assistance 10:00 Yoga 10:30 CHAIR VOLLEYBALL 11:15 CHAIR EXERCISE 1:00 Table Tennis</p>	<p>8:30 Wednesday Walk 28</p> <p>8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 PRICE IS RIGHT</p> <p>12:30 Oil Art Group 12:30 Slow-moving Exercise</p>	<p>9-11 Silver Threads & Needles 29</p> <p>9-11 QUILTING CLASS</p> <p>10:30 FAMILY FEUD</p> <p>12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance</p>	<p>8:45 Aerobics 30</p> <p>9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:45 TRIP: STRAWBERRY HILL 11:30 BIRTHDAY RECOGNITION 12:30 Slow-moving Exercise 1:00 Table Tennis</p>

**CLOSED –
MEMORIAL DAY**

DAILY DROP-IN EVENTS INCLUDE: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Computer Lab, Exercise Equipment, TV & Conversation, Puzzles Also Available: Library, Newspaper & Magazines, Coupon Room, Medical Equipment, Notary Public, and Scheduled Transit Stop

VOLUNTEER BREAKFAST
 8:30 – 10:00 (DROP-IN)

*Coming in June:
Square Dancing Class*