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Senior Resources of Guilford
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Greensboro, NC 27420

The mission of Senior Resources of Guilford is to serve our diverse community of older adults and their families by advocating and providing supportive services that enhance the independence, health and quality of the life for older adults.

The Greensboro Senior Center is a place where adults 60 years of age and older are invited to socialize with their peers, eat lunch, and participate in a variety of programs. The Center is open Monday through Friday from 8:30 a.m. to 5:00 p.m. with programmed activities throughout the day. Public transportation may be available for adults age 60+ who are unable to drive through County Mobility Services and SCAT transportation systems. There is no fee to attend the Center or to participate in most scheduled programs and activities. There may be a fee associated with trips and certain classes. Also, space is available for senior clubs or senior group meetings.



Senior Resources of Guilford

April
2012

ACTIVE LIVING



The Greensboro Senior Center-A North Carolina Certified Center of Excellence

Aging with Purpose as a Greensboro Senior Center Ambassador



Everyone needs to have a purpose. Something that they are passionate about to get them out of bed in the morning. Well this is *your* wake-up call. The Greensboro Senior Center is calling for leaders to join our inaugural Ambassador Class of 2012. Greensboro Senior Center Ambassadors will be key in the success of Senior Center participation. Ambassadors will be dedicated to making the Senior Center a better place for any and all older adults who may enter our doors. Ambassadors will have the honor of welcoming new participants, leading Senior Center tours, and representing the Greensboro Senior Center with pride and poise. Being involved in activities is critical to maintaining physical, mental, and social health for the individual and serving as an Ambassador will be beneficial to both the Ambassador as well as to the Senior Center as a whole. Answer this call to action on April 26th at 9:30 am to join the Senior Center Director in making the Greensboro Senior Center a better place for all older adults of Guilford County. Please direct any questions to Tiffany at 373-4816. Your future is now. Are you going to be a part of it?

Last Call for Taxes!

ARE YOU A GUILFORD COUNTY RESIDENT WHO IS 60 OR OVER AND IN NEED OF HELP COMPLETING YOUR TAX FORMS? SENIOR RESOURCES OF GUILFORD IS CURRENTLY HOLDING AN INCOME TAX ASSISTANCE PROGRAM IN THE GREENSBORO SENIOR CENTER. CERTIFIED VOLUNTEERS ARE AVAILABLE TO ASSIST GUILFORD COUNTY RESIDENTS AGE 60 AND OVER, WHO MAKE LESS THAN \$50,000 A YEAR, WITH THEIR 2011 PERSONAL FEDERAL AND NORTH CAROLINA INCOME TAX RETURNS. THERE IS NO CHARGE FOR ASSISTANCE WITH PREPARING SIMPLE PERSONAL RETURNS. APPOINTMENTS ARE AVAILABLE ON MONDAY, WEDNESDAY AND FRIDAY AFTERNOONS FROM 1:00-4:00 PM THROUGH APRIL 13TH. ALL APPOINTMENTS WILL BE AT THE GREENSBORO SENIOR CENTER LOCATED AT 301 EAST WASHINGTON STREET, GREENSBORO, NC 27401. YOU **MUST** MAKE AN APPOINTMENT BY CALLING SENIOR RESOURCES OF GUILFORD'S SENIORLINE AT 333-6981.

Visit Us at 301 E. Washington Street, Downtown Greensboro

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Balance and Diabetes Workshops

- The Greensboro Senior Center will be presenting a Matter of Balance Workshop in Gibsonville April 3-May 22 on Tuesdays from 9:30-11:30am at the J.O. Harper Senior Center. Call Katie Mitchell at 373-4816 to register.
- The Greensboro Senior Center will be presenting the Living Healthy with Diabetes Workshop April 12-May 17 on Thursdays from 1:30-4:00pm at Summerfield United Methodist Church. Call Tiffany at 373-4816 to register. Both workshops are free to Guilford County adults 55 or better!

Health and Wellness

Blood Pressure Checks: Registered Nurse, Tammy Blakely, from Golden Living Center visits us to perform free blood pressure checks.

- The 1st Tuesday of each month, 9:30 a.m.

Chair Exercises: Increase your strength, balance and vitality all while sitting down!

- Mondays and Wednesdays, 9:00 a.m.

Health and Wellness (cont)

Fantastic Friday with Tiffany!: Get up, get moving, and get excited because it's the weekend! Kick-off the weekend Greensboro Senior Center-style with Senior Center Director Tiffany Mumford for half an hour of movement socialization. Wear comfortable clothes and be prepared to move your feet to the beat!

- Fridays, 12:30 p.m.

Pickleball at the Sportsplex: Join us as we travel to the Greensboro Sportsplex to play pickleball, chair volleyball, cornhole, or just walk the track!

- Tuesdays, 9:15 a.m.



Tai Chi: Come join us weekly in this slow paced meditative physical exercise.

- Tuesdays, 12:45 p.m.

30 Minute Walk: This 30-minute workout video will help to build endurance, speed and metabolism to help burn fat and improve your overall health.

- Wednesdays, 12:30 p.m.

William's Walkers: Walk with us!

- Every Mon., Wed., and Thur., 9:00 a.m.

Yoga with Ann/Abby: Join us as we harmonize all aspects of the body, mind and spirit.

- Thursdays, 12:30 p.m.

Zumba Gold: This fun exercise addresses the "anatomical, physiological, and psychological needs" of active older adults and is led by a certified Zumba Gold instructor.



- Mondays, 12:00 p.m.

More Resources!

SHIIP

The Seniors' Health Insurance Information Program (SHIIP) provides assistance and information about senior health insurance issues including help with Medicare and Part D Prescription Drug Coverage. Many questions can be answered by phone. Appointments can also be made in advance to meet with trained volunteers.

For more information please call:
Shelley Sitko



High Point/Jamestown
884-4816
Greensboro
373-4816

rsvp@senior-resources-guilford.org

Community Nutrition

Did you know that the Greensboro Senior Center is one of nine sites that meets daily for a congregate meal and senior activities? If you are interested in staying active, but can't make it to downtown Greensboro, contact SeniorLine at 333-6981 for more information on how you can get involved:

Center of Greensboro

Gateway Plaza, Site Manager: Patricia Jones
200 Spring Garden Street

Northern Greensboro

Hall Towers, Site Manager: Gerry Overton
2314 North Church Street

Morehead-Simkins, Site Manager: Sheila Sandifer
1301 Jolson Street

Southern Greensboro

Tolbert New Light Baptist Church, Site Manager: Virginia Garrett, 1105 Willow Road

Mt. Zion Baptist Church, Site Manager: Mary Derr-Penn
1301 Alamance Church Road

Gibsonville

J.O. Harper Senior Center, Site Manager: Connie Williams
400 Steele Street, Gibsonville

Between Jamestown and Pleasant Garden

Burnett's Chapel United Methodist Church, Site Manager: Sue Hodgin, 1201 Burnett's Chapel Road

High Point

Elm Towers, Site Manager: Betty Stone
701 South Elm Street, High Point

SeniorLine

SeniorLine is a nationally accredited Information and Referral Service of Senior Resources of Guilford. Accredited by the *Alliance of Information and Referral Systems*, SeniorLine provides information, referrals, and assistance to older adults and their families.

SeniorLine can provide information on: housing resources, transportation options, caregiver assistance, home delivered meals, other food or meal assistance programs, free legal services, home repair programs, health/dental resources, and any other senior need.

Call SeniorLine:
Greensboro/County- (336) 333-6981
High Point/Jamestown- (336) 884-6981

Our April Birthdays

| | |
|---------------------|----------------------|
| Emma Brisban-2nd | Mamie Aiken-14th |
| Evelyn Vinson-2nd | Evelyn Lott-15th |
| Arlene Holmes-3rd | Mattie Mungo-16th |
| Sue Brushnahan-5th | Helen Faucette-18th |
| Willie McCoy-5th | David Haithcock-19th |
| David Latham-6th | Lavelle Cole-24th |
| Bobbie Thompson-7th | |



Special Events

Let's Fill a Basket for Senior Wheels!-The Advisory Council is accepting donations towards a "Spring Garden" themed gift basket for a silent auction to be held at the Senior Wheels Spaghetti Fundraiser on April 20th at Christ United Methodist Church 5:30-7:30pm! Let Tiffany know if you have any basket decorating skills to assemble the basket after the items have been purchased.

Candy-Making with Norm-Make sweet treats with Norm on April 3rd at 1:15pm in the Greensboro Senior Center. Norm will be leading the group to create coconut Easter eggs, a yummy recipe he picked up while working in his parents' candy shop growing up. Sign-up by April 2nd to participate. Participants must bring their own mixing bowl, spoon, and container to take their treats home in.

Conversation with Katie-We say "Bless Your Heart," drink sweet tea and own at least one pair of pearls- We are Southern Belles. In honor of Southern Belles Month, wear your best hat and join Katie as we talk about what makes a Southern Belle.

Now Introducing...

Donuts with the Director-Have a casual chat about the Senior Center during Donuts with the Director on April 18th at 10:00 am. Put in your two cents as the director inquires about what first brought you to the Senior Center, your favorite programs, and what new programs you would like to see at the Senior Center.



Fantastic Friday with Tiffany-Now Featuring Woo Ball!-Do you Woo? Join us to find out during a special one-hour Fantastic Friday on April 20th at 12:30pm.

Men's Corner

ATTENTION GENTLEMEN OF GUILFORD COUNTY! We want you to join the Greensboro Senior Center and attend "Wednesday's Men" for fun activities and information sessions geared especially to you! This month join the guys as they go out for breakfast at Biscuitville on April 30th at 9:00am. Bring Money for your meal!

Speakers

Greensboro Senior Center Site Manager Terry

Gary-Terry will present "How to Handle Your Caffeine Habit" on April 5th at 10:00am in the Greensboro Senior Center. Learn just how much caffeine you are consuming and the impact it has on your health.

Paulette Elway, Senior Resources of Guilford-

Need a lift to a doctor's appointment and have no way of getting there? Senior Wheels Program Coordinator Paulette Elway will discuss the Senior Wheels Medical Transportation Program on April 12th at 10:00 am in the Greensboro Senior Center. Find out about the program, the services available to you, or what you can do to help!

Tammy Blakely, R.N., Golden Living-It's a good idea to get your blood pressure regularly checked besides the 2nd Tuesday of every month at the Greensboro Senior Center. Tammy Blakely of Golden Living is going to make a special appearance outside of her usual monthly blood pressure check to discuss how to properly check your blood pressure at home. Tammy will demonstrate how to put the blood pressure cuff on correctly so you can get an accurate blood pressure reading on April 19th at 10:00 am.

Eileen Leggio, Senior Resources of Guilford-Do you have multiple needs that a single information and referral call can't cover? You may need a caseworker to uncover your areas of need and help you with the resources you require. Senior Resources of Guilford Social Worker Eileen Leggio will explain her role and what she can do to help you to continue to live independently.

Activities Assistant Katie Mitchell-Join activities assistant, Katie Mitchell on April 9th at 10:30 am as she discusses cancer prevention and early detection in honor of Cancer Control Month. A lot of progress has been made in cancer research, but we still don't understand exactly what causes most cancers. We do know that many factors put us at higher risk for different cancers. Some of these factors are beyond our control, but there are others we can do something about. Today, there are also tests that can help us detect some cancers in their earliest stages. Katie will also go over the preventative health care services that are covered by Medicare.

golden
living



Live Performance!

Join us on Friday, April 20th when NC Shakes presents "A Midsummer Night's Dream" in the Greensboro Senior Center at 9:30 am. Admission is free to Guilford County adults age 55 or better! Please RSVP by April 19th to attend the performance by calling Tiffany at 373-4816!



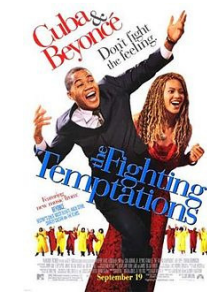
NORTH CAROLINA SHAKESPEARE FESTIVAL

NOW

Showing ...

The Fighting Temptations

**April 18th
12:30pm**



William's Walkers Picnic

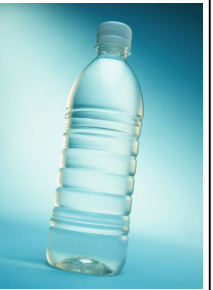
Join William's Walkers as we travel to Center City Park for a picnic on April 23rd at 10:45 am. We will pick up a box lunch at Subway along the way. The cost of the lunch is \$6.00 and it includes a 6-inch sub, chips, water and a cookie. Join us for fun, fitness and a picnic in the park! The total walk is about 1 mile. Call Katie at 373-4816 to order your lunch.

Avoiding Scams Workshop

For many older adults, the path to economic security begins with basic money management. Learning how to budget, avoid scams, and apply for benefits can help you stay independent longer. With support from the Bank of America Charitable Foundation, the National Council on Aging has developed a Savvy Saving Seniors program to educate older adults about good money skills. Senior Resources of Guilford will be offering the "Avoiding Scams" segment of this workshop series at no charge to adults of Guilford County age 55+ on Wednesday, April 25th at 2:00 p.m. in the Greensboro Senior Center. Individuals must register by April 23rd, 2012 in order to participate.

We Need Plastic Bottles!

The Senior Center Green Team needs clean, dry, capless plastic bottles and jugs for the City's Plastic Bottle Collection Blitz! The Greensboro Senior Center, RSVP, and Community Nutrition Program are teaming up to collect plastic bottles for an opportunity to raise money to benefit their programs. Please donate clean, dry, capless plastic bottles and jugs in the blue bin outside the Senior Center between now and April 20th! Don't forget to sign the sheet beside the bin when you donate!

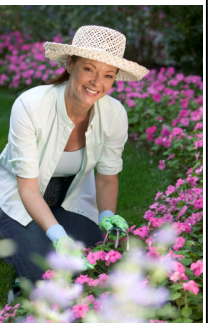


Congratulations Nettie!

Congratulations to Nettie Dukes who won our February Heart Health Challenge! Nettie was successful by completing 2 trips to the Sportsplex for Pickleball/Chair Volleyball, 2 workouts in the Fitness Room, 2 Wii Sessions, 2 Chair Exercises, 3 afternoon Tai Chi Classes, 2 30-Minute Walk Classes, and 1 Yoga Class

Garden Club Returns

Join John Beasley, volunteer Master Gardner, as we plan our garden for the season. Anyone interested helping in the garden please join us on April 3rd at 10:00 and share your ideas. We will have a work day on Monday, April 9th where we will pull weeds and prepare for planting! This year let's make the garden better than ever!



Bingo Sponsored by the Carillon

The Carillon Senior Living Facility in Greensboro will be sponsoring bingo on April 24th at 10:00 am.



Refugee Outreach



English as a Second Language (ESL) Classes:
GTCC Instructor Norm Wren teaches English language skills.

- Every Monday and Wednesday, 9:30 a.m.

Instructor Mary Ellen Droppers teaches English language skills.

Wednesdays

- 1:00 p.m.-The Greensboro Senior Center
- Tuesdays
- 9:00 a.m.-The High Point YWCA
- 1:00 p.m.-The Greensboro Senior Center

Instructor Santi Mishra teaches English language skills.

Fridays

- 9:00 a.m.-The High Point YWCA

Citizenship Class:

Refugees from around the world meet to learn about American culture from Instructor Norm Wren.

Mondays, 12:30 p.m.

Weekday Educational/Recreational Program:

- 2nd, 3rd, 4th Thurs., Elm Towers-High Point
- Fridays-The Greensboro Senior Center

Montagnard and Vietnamese

Monthly Meeting:

Montagnard and Vietnamese adults 60 years of age and older meet once a month for informational presentations.

- Saturday, April 14, 10:00-12:00 p.m.

Bhutanese Monthly Meeting:

Bhutanese adults meet once a month for educational presentations

- Saturday, April 21, 10:00-1:00 p.m.

Rural Outreach

Each site meets monthly from 10 am to 1pm with a catered lunch served free to seniors 60+.

Southeast Guilford: Moriah UMC

Becky Burlin from New Garden Nursery will demonstrate container gardening

- Tuesday, April 3, 10:00 a.m.

Oak Ridge: Oak Ridge UMC

Robin Halsey will perform her comedy routine as "Granny Codine"

- Wednesday, April 4, 10:00 a.m.

Colfax: Shady Grove Wesleyan Church

High Point Regional health presentation and blood pressure screening

- Tuesday, April 10, 10:00 a.m.

Center: Center UMC

Dan Barkao and Friends will entertain with their music

- Tuesday, April 10, 10:00 a.m.

Stokesdale: Stokesdale UMC

David Haynes from Comfort Keepers will present on in-home care

- Thursday, April 12, 10:00 a.m.

Pleasant Garden: Pleasant Garden UMC

Becky Burlin from New Garden Nursery will demonstrate container gardening

- Tuesday, April 17, 10:00 a.m.

Summerfield: Summerfield UMC

Becky Burlin from New Garden Nursery will demonstrate container gardening

- Thursday, April 19, 10:00 a.m.

Senior Resources Travelers-Will be traveling to the Temple Theater in Sanford for a production of "Little Shop of Horrors" on April 26th. Cost is \$57 and must be paid by April 15th. Contact Bruce Fletcher at 373-4816.



Classes and Clubs

The Beading Club: Are you interested in creating with beads? Join us!

- Thursdays, 9:00 a.m.

The Book Club: Join us as we meet to discuss books we have read as a group. The Book Club will be begin reading I Beat the Odds: The Micheal Oher Story.

- Thursdays, 9:30 a.m.

Computer Classes: Two Basic and One Intermediate Course is offered monthly. Each course meets for 4 sessions during the month. Registration is required.

- Tuesdays or Wednesdays, 1-3:00pm (Basic)
- Thursdays, 2-4:00p.m. (Intermediate)

Crochet and Knitting Club: Do you love to crochet or knit? Join us!

- Wednesdays, 1:00 p.m.

Crafts with Nellie/Cross-stitching Club:

Join fellow cross-stitchers in creating beautiful works of art and create fun crafts with Senior Center Volunteer Nellie Rudd.

- Wednesdays and Fridays, 9:00 a.m.

The Forget-Me-Nots Club: Become part of our social discussion club.

- 1st and 3rd Monday, 10:00 a.m.

The Red Hats Club: Celebrate your senior years in style with the Red Hats Club! Join us as we add fun and companionship to our retirement years.

- 4th Monday of every month, 10:00 a.m.



Classes and Clubs (continued)

The Sewing Club: We are creating pillows to be distributed to cancer patients undergoing treatments. Please join us if you'd like to help.

- Mondays, 10:00 a.m.

Sign Language Class: Join Volunteer Instructor Anita Ross every Wednesday for Sign Language Class!

- Wednesdays, 9:30 a.m.

Writing with Wanda: Explore your wisdom, thoughts and feelings through verse, song and poetry.

- Wednesdays, 9:00 a.m.

Fun and Games



Bingo: Join us for fun and prizes.

- Tuesdays and Fridays, 10:00 a.m.

Breakfast for your Brain: Feed your mind by completing a complex Sudoku puzzle with Tiffany.

- Fridays, 9:30 a.m.

Poker Keeno: Try a hand of Poker Keeno Tuesdays in the Craft Room in the Greensboro Senior Center.

- Tuesdays, 9:00 a.m.

Trivia: Dig deep in your memory banks for the answers to challenging Trivia questions.

- Thursdays, 9:00 a.m.


Wii Games: Practice your bowling technique on the Senior Center Wii Gaming System. It's great practice for our monthly trips to Triad Lanes too!

- Tuesdays and Thursdays, 8:30 a.m.

Word Games: Exercise your mind with a word find!

- Tuesdays, 9:00 a.m.

Greensboro Senior Center– April 2012


| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 9:00-Chair Exercise 2 9:00-William’s Walkers 9:15-Trip to Wal-Mart 9:30-ESL Class 10:00-Sewing Club 10:00-Forget Me Nots 12:00-Zumba Gold 12:30-Citizenship Class 1:30-Crafts with ACE | 8:30-Wii/Word Games 3 9:00-Poker Keeno 9:15-Trip to Sportsplex 10:00-Gardening Club 10:00-BINGO with Golden Living 12:45-Tai Chi with Dale 1:00-Basic Computer 1:15-Candy-Making with Norm Balance-Gibsonville | 9:00-Walking Club 4 9:00-Crafts w/ Nellie 9:00-Writing w/ Wanda 9:00-Chair Exercise 9:15-Trip to Aldi 9:30-Sign Language 12:30-30 Minute Walk 1:00-Crochet and Knit 1:00-ESL Class 1:00-Basic Computer 1:00-4:00-Tax Prep | 8:30-Wii Games 5 9:00-Walking Club 9:00-Trivia/Beading 9:30-Book Club 10:00-Terry Gary presents “Caffeine” 12:00-Red Hats Trip 12:30-Yoga with Ann 2:00-Intermediate Computer | 6 Senior Center Closed  |
| 9:00-Walking Club 9 9:00-Chair Exercise 9:15-Trip to Carolina Thrift 10:00-Sewing Club 10:30-Cancer Prevention and Detection with Katie 12:00-Zumba Gold 12:30-Citizenship Class 1:00-4:00-Tax Prep No ESL or Citizenship Class Today | 8:30-Wii Games 10 9:00-Word Games 9:00-Poker Keeno 9:15-Trip to Sportsplex 10:00-BINGO 12:45-Tai Chi with Dale 1:00-ESL Class 1:00-Basic Computer <i>Matter of Balance-Gibsonville 9:30-11:30am</i> | 9:00-Walking Club 11 9:00-Crafts w/ Nellie 9:00-Writing w/ Wanda 9:00-Chair Exercise 9:15-Trip to K-Mart 9:30-Sign Language 10:00-Nutrition Edu 12:30-30 Minute Walk 1:00-Crochet and Knit 1:00-ESL Class 1:00-Basic Computer 1:00-4:00-Tax Prep No AM ESL Today | 8:30-Wii Games 12 9:00-Walking Club 9:00-Trivia 9:00-Beading Club 9:30-Book Club 10:00-Paulette Elway-Senior Wheels 12:30-Yoga with Abby 1:30-Beginner Spanish 2:00-Intermediate Computer Living Healthy with Diabetes-Summerfield 1:30-4:00pm | 9:00-Crafts w/ Nellie 13 9:30-Breakfast for Your Brain 10:00-Bilingual BINGO 1:00-4:00-Tax Prep <i>National Peach Cobbler Day...Mmm...Mmm...Mmm!</i>  |

Calendar is Subject to Change. **Bold Items Require Pre-Registration.**

Senior Resources of Guilford- 301 E.Washington St. Greensboro, NC

(336) 373-4816



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 9:00-Chair Exercise 16 9:00-William's Walkers 9:15- Trip to Target 9:30- ESL Class 10:00- Book Club to Caldwell House 10:00-Sewing Club 10:00-Forget Me Nots 12:30- Citizenship Class 12:15-Zumba Gold | 8:30-Wii Games 17 9:00-Word Games 9:00-Poker Keeno 10:00-BINGO w/ Roseanne and Gary 12:45-Tai Chi with Dale 1:00- ESL Class 1:00- Basic Computer <i>Senior Games Opening Matter of Balance-Gibsonville</i> | 9:00-Walking Club 18 9:00-Writing w/ Wanda 9:00-Chair Exercise 9:15- Trip to Ross 9:30-Sign Language 10:00-Donuts with the Director 12:30-Movie & Popcorn 1:00- ESL Class 1:00-Crochet and Knit 1:00- Basic Computer | 8:30-Wii Games 19 9:00-William's Walkers 9:00-Trivia/Beading 9:30-Book Club 10:00-Tammy Blakely 12:00- Red Hats Trip 12:30-Yoga Video 1:30- Beginner Spanish 2:00- Intermed. Comp. Living Healthy with Diabetes-Summerfield | 9:00-Crafts w/ Nellie 0 9:30-Breakfast for Your Brain 9:30-NC Shakes presents "A Midsummer Night's Dream" Live in the Senior Center! 12:30-Fantastic Friday with Tiffany featuring Woo Ball! <i>Deadline for Bottles</i> |
| 9:00-Chair Exercise 23 9:15- Trip to Walmart 9:30- ESL Class 10:00-Red Hats Meeting 10:00-Sewing Club 10:45- William's Walkers Picnic 12:30- Citizenship Class 12:15-Yoga Video | 8:30-Wii Games 24 9:00-Poker Keeno 9:15- Trip to Sportsplex 10:00-BINGO sponsored by the Carillon 12:45-Tai Chi with Dale 1:00- Basic Computer Senior Center Reserved for SHIIP 1:30-4:00pm Balance-Gibsonville | 9:00-Crafts w/ Nellie 25 9:00-William's Walkers 9:00-Writing w/ Wanda 9:00-Chair Exercise 9:15- Trip to Hamricks 9:30-Sign Language 12:30-30 Minute Walk 1:00-Crochet and Knit 1:00- Basic Computer 2:00- Scams Workshop | 8:30-Wii Games 26 9:00-Ambassador Mtg. 9:00-Trivia/Beading 9:30-Book Club 10:00-Eileen Leggio 12:30-Yoga with Abby 1:30- Beginner Spanish 2:00- Intermed. Comp. Living Healthy with Diabetes-Summerfield | 9:00-Crafts w/ Nellie 27 9:00-Advisory Council Meeting 9:30-Breakfast for Your Brain 10:00-Bilingual BINGO 12:30-Fantastic Friday with Tiffany 1:00-Coupons |
| 9:00-Chair Exercise 30 9:00-Wednesday's Men 9:15- Trip to Value Village Thrift Store 9:30- ESL Class 10:00-Sewing Club 12:30- Citizenship Class 12:15-Zumba Gold 12:30- Bowling at Triad Lanes | April Birthdays Emma Brisban-2nd Evelyn Vinson-2nd Arlene Holmes-3rd Sue Brushnahan-5th Willie McCoy-5th David Latham-6th Bobbie Thompson-7th | April Birthdays Mamie Aiken-14th Evelyn Lott-15th Mattie Mungo-16th Helen Faucette-18th David Haithcock-19th Lavelle Cole-24th | Montagnard Saturday Meeting April 14th 10am-12pm Bhutanese Saturday Meeting April 21st 10am-12pm  | Do you Woo? Fantastic Friday with Tiffany featuring Woo Ball on April 20th at 12:30pm |