

Monday

Tuesday

Wednesday

Thursday

Friday



9:15a Chair Yoga (\$3)
11a Virtual Reality
11a Aging Mastery Program (\$)
 No movie today.

The Evergreens Lifestyle Center is closed today.

4 10a AFEP (\$3)
 11a Bingo
 1p Zumba (\$3)
 2p Cornhole
 1p Indoor S'mores

Happy National Graham Cracker Day!

5 10:30a Croquet
 No Cardio Drumming today.
 2:30p AFEP (\$3)

6 No Better Balance classes today!
 11a Recipe for Success
 12:30p Tai Chi (\$3)
 2p Jewelry
 2p Educate & Exercise with HTA (Osteoporosis)

7 9:15a Chair Yoga (\$3)
11a Virtual Reality
 12p Refugee Outreach group
 1p Film Screening & Discussion- "Safety Last"

9:15a AHOY (\$3)
 1p Living Health with Chronic Conditions Class
 2 Mocktails & Movie Trivia

11 No AFEP today
 11a Bingo
 1p Zumba (\$3)
 1p Rock Tumbling Class
 2p Cornhole

Fundraiser at Chipotle from 4-8pm (1420 Westover Terrace, Greensboro)

12 10a Cooperative Extension Virtual Presentation
 10:30a Croquet
 1p Cardio Drumming (\$3)
 No AFEP

13 9a Better Balance (\$3)
 9:45a Advanced Better Balance (\$3)
 11a Recipe for Success
 12:30p Tai Chi (\$3)
 2p Jewelry

14 9:15a Chair Yoga (\$3)
11a Virtual Reality
 12p Refugee Outreach group
 1p Film Screening & Discussion- "Johnny Guitar"

9:15a AHOY (\$3)
 1p Living Health with Chronic Conditions Class

18 10a AFEP (\$3)
 11a Bingo
 1p Zumba (\$3)
 1 Ceramic Bird Painting with Kathy
 2p Cornhole

19 9a Caring Conversations with FirstLight Home Care
 10:30a Croquet
 11 Gardening with Recipe for Success
 1p Cardio Drumming (\$3)
 2:30p AFEP (\$3)

20 9a Better Balance (\$3)
 9:45a Advanced Better Balance (\$3)
 11a Recipe for Success
 12:30p Tai Chi (\$3)
 2p Jewelry

21 9:15a Chair Yoga (\$3)
11a Virtual Reality
 1p Film Screening & Discussion- "In Like Flint"
3p Ice Cream Social with Health Team Advantage

9:15a AHOY (\$3)
 1p Living Health with Chronic Conditions Class
 2 Mocktails & Movie Trivia

25 10a AFEP (\$3)
 11a Bingo
 1p Zumba (\$3)
 2p Cornhole
 2p Teacup Fairy Gardens

26 10a Saving for Success
 10:30a Croquet
 1p Cardio Drumming (\$3)
 2:30p AFEP (\$3)

27 9a Better Balance (\$3)
 9:45a Advanced Better Balance (\$3)
 11a Recipe for Success
 12:30p Tai Chi (\$3)
 2p Jewelry

28 9:15a Chair Yoga (\$3)
11a Virtual Reality
 1p Film Screening & Discussion- "Seconds"