

Monday

Tuesday

Wednesday

Thursday

Friday



September 2023

A * next to an activity means registration is required by calling 336-373-4816 ext 280

<p>The Evergreens Lifestyle Center is closed today.</p> 	<p>4 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong</p>	<p>5 10:30a Moriah Rural Outreach Event * 11a Open Art/Craft Room 1p Cardio Drumming (\$3) * 2p Crochet Club</p>	<p>6 10a Recipe for Success (V) 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>7 9:15a Chair Yoga (\$3) (V) 11a Virtual Reality 11a "The Underground Railroad" book club * 2p Film Screening and Discussion- "Funny Girl" *</p>
<p>9:15a AHOY (\$3) (V) 12p Restaurant Club at China Buffet (\$) * 1p Arthritis Foundation Exercise Program (\$3)</p>	<p>11 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 10:30a Colfax Rural Outreach Event * 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong</p>	<p>12 11a Open Art/Craft Room 11a Hair Dryer Painting with Cheryl * 1p Cardio Drumming (\$3) * 2p Crochet Club</p>	<p>13 10a Recipe for Success (V) 10:30a Stokesdale Rural Outreach Event * 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 1p "Somewhere in Time" movie * 2p Jewelry Club</p>	<p>14 10:30a Chair Yoga (V) 12p "The Underground Railroad" book club * <i>meeting at Benjamin Branch Library today</i> 12p Refugee Outreach 10a – 2pm Community Health Fair *</p>
<p>9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$3)</p>	<p>18 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 1p Medicare Presentation 2p Games & Mahjong</p>	<p>19 11a Open Art/Craft Room 11 Gardening with Recipe for Success 1p Cardio Drumming (\$3) * 2p Crochet Club</p>	<p>20 10a Recipe for Success (V) 10:30a Summerfield Rural Outreach Event * 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club 2p Empowering Older Adults presentation (V) *</p>	<p>21 9:15a Chair Yoga (\$3) (V) 11a Virtual Reality 11a "The Underground Railroad" book club * 2p Film Screening and Discussion- "All That Jazz" *</p>
<p>9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$3) 3p Speaking Up for Mental Health presentation</p>	<p>25 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong</p>	<p>26 11a Open Art/Craft Room 1p Cardio Drumming (\$3) * 2p Crochet Club</p> 	<p>27 10a Recipe for Success (V) 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 1p "80 for Brady" movie * 2p Jewelry Club</p>	<p>28 9:15a Chair Yoga (\$3) (V) 10a Donuts with the Director 11a Virtual Reality 11a "The Underground Railroad" book club * 12p Senior Center Month Potluck * No movie today.</p>