

Monday

Tuesday

Wednesday

Thursday

Friday



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

9a Better Balance (\$3) 1
 9:45a Advanced Better Balance (\$3)
 1p Zumba Gold (\$4)
 2p Games & Mahjong

10a Virtual Reality * 2
 11a Open Art/Craft Room
 1p Cardio Drumming (\$4) *
 2p Crochet Club



10a Recipe for Success (V) 3
 12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club
 2p Dominoes
 2p Health News with Humana

9:15a Chair Yoga (\$3)(V) 4
 10a Trivia with Tina
 11a "Eleanor Oliphant" Book Club *
 1p Friday Favorite Movie – "Experiment in Terror" *
 2p Meditation *

9:15a AHOY (\$3) 7 (V)
 10:15a Seeds and Weeds - Bees
 1:30p Arthritis Foundation (\$4)
 2:30pm Canasta



9a Better Balance (\$3) 8
 9:45a Advanced Better Balance (\$3)
 1p Zumba Gold (\$4)
 2p Games & Mahjong
 6p Carolina Aging Alliance *

10a Virtual Reality * 9
 11a Open Art/Craft Room
 1p Cardio Drumming (\$4) *
 2p Crochet Club
 3p Chick Pom Poms *

8:30a Mt. Airy Day Trip (\$60) * 10
 12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club
 2p Dominoes




9:15a Chair Yoga (\$3)(V) 11
 10a Trivia with Tina
 11a "Eleanor Oliphant" Book Club *
 1p Friday Favorite Movie – "Divine Secrets of the Ya-Ya Sisterhood" *
 1p Monthly Birthday Celebrations

9:15a AHOY (\$3) 14 (V)
 10a Chile Travelogue *
 11a Spring Crafts (\$3) *
 1:30p Arthritis Foundation Exercise Program (\$4)
 2:30pm Canasta

9a Better Balance (\$3) 15
 9:45a Advanced Better Balance (\$3)
 1p Zumba Gold (\$4)
 2p Games & Mahjong

10a Virtual Reality * 16
 11a Gardening with Recipe for Success (V)
 11a Paper Weaving *
 1p Cardio Drumming (\$4) *
 2p Crochet Club

10a Recipe for Success (V) 17
 11a Spring Crafts (\$3) *
 12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club
 2p Dominoes



The Evergreens Lifestyle Center is closed today.

9:15a AHOY (\$3) 21 (V)
 1:30p Arthritis Foundation Exercise Program (\$4)
 2:30pm Canasta



9a Better Balance (\$3) 22
 9:45a Advanced Better Balance (\$3)
 1p Zumba Gold (\$4)
 2p Games & Mahjong
 3p Spring Fling with HealthTeam Advantage

10a Virtual Reality * 23
 11a Open Art/Craft Room
 1p Cardio Drumming (\$4) *
 2p Crochet Club

12:30p Tai Chi (\$3) 24
 1p Blood Pressure Checks
 2p Jewelry Club
 2p Dominoes
 2p Balance Builder with Humana

9:15a Chair Yoga (\$3)(V) 25
 10a Donuts with the Director
 11a "Eleanor Oliphant" Book Club *
 1p Friday Favorite Movie – "Forrest Gump" *

9:15a AHOY (\$3) 28 (V)
 1:30p Arthritis Foundation Exercise Program (\$4)
 2:30pm Canasta

APRIL SHOWERS Bring MAYFLOWERS

9a Better Balance (\$3) 29
 9:45a Advanced Better Balance (\$3)
 1p Zumba Gold (\$4)
 2p Games & Mahjong

10a Virtual Reality * 30
 11a Open Art/Craft Room
 1p Cardio Drumming (\$4) *
 2p Crochet Club



April 2025