

Monday

Tuesday

Wednesday

Thursday

Friday



**January 2025**

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



**Happy New Year! 2025**

The Evergreens Lifestyle Center is closed today.

**9:15a AHOY (\$3) (V) 6**

1p Arthritis Foundation Exercise Program (\$4)



**9a Better Balance (\$3) 7**

9:45a Advanced Better Balance (\$3)

11a Bingo sponsored by Avid \*

1p Zumba Gold (\$4)

2p Dominoes & Mahjong

**9a Qigong 8**

10a Perpetual Calendars with Carol King \*

10a Virtual Reality \*

11a Open Art/Craft Room

1p Cardio Drumming (\$4) \*

2p Crochet Club

**9a Fall Recovery (\$4) \* 9**

12:30p Tai Chi (\$3)

1p Blood Pressure Checks

2p Jewelry Club

2p Pain Relief from Joint Pain with Humana

2p Dominoes

**9:15a Chair Yoga (\$3)(V) 10**

10a Trivia with Tina

11a "By Any Other Name" Book Club \*

1p Monthly Birthday Celebration with Carolina Pines

1p Friday Favorite Movies – "You Can't Take It With You" \*

**9:15a AHOY (\$3) (V) 13**

10a New York Travelogue \*

1:30p Arthritis Foundation Exercise Program (\$4)

3p Seniors Real Estate Specialist Presentation with Remax

**No Better Balance classes today. 14**

1p Zumba Gold (\$4)

2p Dominoes & Mahjong

6p Carolina Aging Alliance Pizza Night \*

**9a Qigong 15**

10a Virtual Reality \*

11a Gardening with Recipe for Success (V)

11a Open Art/Craft Room

No Cardio Drumming today.

2p Crochet Club

**10a Recipe for Success (V) 16**

12:30p Tai Chi (\$3)

1p Blood Pressure Checks

2p Jewelry Club

2p Dominoes



**9:15a Chair Yoga (\$3)(V) 17**

10a Trivia with Tina

11a "By Any Other Name" Book Club \*

1p Friday Favorite Movies – "9-5" \*

The Evergreens Lifestyle Center is closed today.



**MARTIN LUTHER KING JR DAY**

**9a Better Balance (\$3) 21**

9:45a Advanced Better Balance (\$3)

1p Zumba Gold (\$4)

2p Dominoes & Mahjong

**9a Qigong 22**

10a Virtual Reality \*

11a Open Art/Craft Room

No Cardio Drumming today.

2p Crochet Club

**12:30p Tai Chi (\$3) 23**

1p Blood Pressure Checks

2p Jewelry Club

2p Dominoes



**9:15a Chair Yoga (\$3)(V) 24**

9:30a Greensboro History Museum Day Trip (\$5) \*

10a Trivia with Tina

11a "By Any Other Name" Book Club \*

1p Friday Favorite Movies – "The Boys in the Boat" \*

**9:15a AHOY (\$3) (V) 27**

1:30p Arthritis Foundation Exercise Program (\$4)

2:30p Wigs for Beginners

**9a Better Balance (\$3) 28**

9:45a Advanced Better Balance (\$3)

1p Zumba Gold (\$4)

2p Dominoes & Mahjong

**9a Qigong 29**

10a Virtual Reality \*

11a Open Art/Craft Room

1p Cardio Drumming (\$4) \*

2p Crochet Club

**12:30p Tai Chi (\$3) 30**

1p Blood Pressure Checks

2p Jewelry Club

2p Dominoes



**9:15a Chair Yoga (\$3)(V) 31**

10a Donuts with the Director

11a "By Any Other Name" Book Club \*

1p Friday Favorite Movies – "Hachi" \*