

Monday

Tuesday

Wednesday


Thursday

Friday



9a Better Balance 1
 (\$3)
 9:45a Adv. Better Balance (\$3)
 11a Bingo
 1p Zumba Gold (\$4)
 2p Games and 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

9:15a Chair Yoga 4
 (\$3) (V)
 10a Trivia with Tina
 11a Allie & Bea Book Club *
 1p Film Screening – “Tomb of Ligeia” *

9:15a AHOY (\$3) 7
 (V)
 1p Arthritis Foundation Exercise Program (\$4)

9a Better Balance 8
 (\$3)
 9:45a Adv. Better Balance (\$3)
 11a Bingo
 1p Zumba Gold (\$4)
 2p Games and Mahjong
 6p Carolina Aging Alliance Game & Pizza Night *

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



10a Fall Recovery Class (\$4) 10
 *
 11a Apple Cider Tasting
 12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club

9:15a Chair Yoga 11
 (\$3) (V)
 10a Trivia with Tina
 11a Allie & Bea Book Club *
 1p Film Screening – “Frenzy” *

9:15a AHOY (\$3) 14
 (V)
 10a Travelogue *
 1p Arthritis Foundation Exercise Program (\$4)
 2:30pm Blood Pressure Control Program

9a Better Balance 15
 (\$3)
 9:45a Adv. Better Balance (\$3)
 11a Bingo with Acclaim
 1p Zumba Gold (\$4)
 2p Games and Mahjong

11a Gardening (V) 16
 10a Virtual Reality *
 11a Open Art/Craft Room
 No Cardio Drumming.
 1p Checkers Tournament *
 2p Crochet Club

8:30a Boone Day Trip (\$\$) * 17
 10a Recipe for Success (V)
 12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club

9:15a Chair Yoga 18
 (\$3) (V)
 10a Trivia with Tina
 11a Allie & Bea Book Club *
 1p Film Screening – “The Changeling” *

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

9a Better Balance 22
 (\$3)
 9:45a Adv. Better Balance (\$3)
 11a Bingo with Acclaim
 1p Zumba Gold (\$4)
 2p Games and Mahjong

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

9:15a Chair Yoga 25
 (\$3) (V)
 10a Donuts with the Director
 11a Allie & Bea Book Club *
 No movie today.
 1p Candidate Forum


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

9a Better Balance 29
 (\$3)
 9:45a Adv. Better Balance (\$3)
 11a Bingo
 1p Zumba Gold (\$4)
 2p Games and Mahjong

10a Virtual Reality * 30
 11a Open Art/Craft Room
 No Cardio Drumming.
 2p Crochet Club



12:30p Tai Chi (\$3) 31
 1p Blood Pressure Checks
 2p Jewelry Club
 2p Pumpkin Palooza



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

