

Monday

Tuesday

Wednesday

Thursday

Friday

The Evergreens Lifestyle Center is closed today.



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

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

October Day Trip Sign Up Opens

5 10a Recipe for Success (V)
 12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club

6 9:15a Chair Yoga (\$3) (V)
 10a Trivia with Tina
 11a The Giver of Stars Book Club *
 1p Film Screening – “Bob Dylan: Don’t Look Back” *

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



10 8:30a Charlotte Day Trip (\$\$) *
 9a Better Balance (\$3)
 9:45a Adv. Better Balance (\$3)
 11a Bingo *
 1p Zumba Gold (\$4)
 2p Games and Mahjong
 6p Carolina Aging Alliance Game & Pizza Night *

11 10a Virtual Reality * 11a Pet Rock Painting
 1p Cardio
 Drumming (\$4) *
 2p Crochet Club

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

13 9:15a Chair Yoga (\$3) (V)
 10a Trivia with Tina
 11a The Giver of Stars Book Club *
 12p Potluck & Open Mic
 1p Film Screening – “Monterey Pop” *

16 9:15a AHOY (\$3) (V)
 10a Travelogue *
 1p Arthritis Foundation Exercise Program (\$4)
 2:30p Science of Sleep Class

17 9a – 5p Cone Vaccine Clinic
 9a Better Balance (\$3)
 9:45a Adv. Better Balance (\$3)
 11a Bingo with Acclaim *
 1p Zumba Gold (\$4)
 2p Mahjong

18 10a Virtual Reality * 11a Gardening (V)
 11a Open Art/Craft Room
 1p Cardio
 Drumming (\$4) *
 2p Crochet Club



19 10a Recipe for Success (V)
 12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club

20 9:15a Chair Yoga (\$3) (V)
 10a Trivia with Tina
 11a The Giver of Stars Book Club *
 1p Film Screening – “The Rolling Stones: Gimme Shelter” *

23 9:15a AHOY (\$3) (V)
 9:45a Chair Yoga (\$3) (V)
 11a Tai Chi (\$3)
 1p AFEP (\$4)



24 9a Better Balance (\$3)
 9:45a Adv. Better Balance (\$3)
 11a Bingo with Acclaim *
 1p Zumba Gold (\$4)
 2p Games and Mahjong

25 10a Virtual Reality * 11a Open Art/Craft Room
 1p Cardio
 Drumming (\$4) *
 2p Crochet Club



26 No Tai Chi today.
 1p Blood Pressure Checks
 2p Jewelry Club

Silent Auction

27 No Chair Yoga.
 10a Donuts with the Director
 11a The Giver of Stars Book Club *
 No movie today.

Silent Auction

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




September 2024

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