

H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Drop-In Activities: Exercise Room Billiards Room Indoor Walking Track Outdoor Walking Track Computer Lab Library</p>	<p>SHIP COUNSELING By Appointment Only. Call us about your Medicare problems! We will be glad to assist you!</p>	<p>SENIOR CENTER AND NUTRITION SITE CLOSED FOR NEW YEAR'S DAY</p> 	<p>1 COFFEE & CONVERSATION 8:30-10:00 2 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH CANCELED CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00</p>
<p>CERAMICS 9:30-11:30 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30</p>	<p>5 KNITTING AND CROCHETING 8:30-10:30 6 VETERANS MEETING SPONSORED BY SENIOR TLC 9:00-10:00 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 YOUR CARE -YOUR CHOICE WORSHOP 11:00-1:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 SENIORCISE 3:30-4:15</p>	<p>7 TAI CHI 9:00-10:00 JEWELRY CLASS 10:00-11:00 BLOOD PRESSURE CLINIC SPONSORED BY CENTERWELL HOME HEALTH 10:00-11:30 SENIORS IN MOTION 10:30-11:30 YOUR STORY, YOUR WAY 11:30-12:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00</p>	<p>8 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 GROCERY SHOPPING 12:00-2:00 BEGINNER QUILTING CLASS 1:00-3:00 SENIORCISE 3:30-4:15</p>	<p>9 COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00</p>
<p>CERAMICS 9:30-11:30 TECHNOLOGY PRESENTATION 10:00-11:00 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30 SIGN UP FOR THE BLACK HISTORY MONTH CELEBRATION AND FEBRUARY DUTCH LUNCH BEGINS</p>	<p>12 KNITTING AND CROCHETING 8:30-10:30 13 BIBLE HISTORY 10:00-11:00 RED CROSS BLOOD DRIVE 10:00AM – 2:30PM REFIT 11:00-12:00 FRAUD AND SCAMS PRESENTATION BY NCDOJ 11:00-12:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 REFLECTIONS SUPPORT GROUP 1:00-2:00 SENIORCISE 3:30-4:15</p>	<p>14 TAI CHI 9:00-10:00 JEWELRY CLASS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 DUTCH LUNCH BUNCH \$ COURT STREET GRILLE IN LINCOLNTON 11:00-2:00 CARD GAME-HAND FOOT & KNEE 12:00-3:00</p>	<p>15 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 NATIONAL HAT DAY BINGO PARTY SPONSORED BY ADORATION HOME HEALTH 10:00-10:30 BINGO 10:30-11:15 BEGINNER QUILTING CLASS 1:00-3:00 MEDICARE 101 VIA FACEBOOK LIVE 1:00-2:30 SENIORCISE 3:30-4:15</p>	<p>16 COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00</p>
<p>SENIOR CENTER AND NUTRITION SITE CLOSED FOR MARTIN LUTHER KING, JR DAY</p> 	<p>19 KNITTING AND CROCHETING 8:30-10:30 20 BIBLE HISTORY 10:00-11:00 DEMENTIA PRESENTATION BY CAROLINAS INSTITUTE 10:00-11:00 REFIT 11:00-12:00 VOLUNTEER MEETING 12:15-1:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 SENIORCISE 3:30-4:15</p>	<p>21 TAI CHI 9:00-10:00 JEWELRY CLASS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 YOUR STORY, YOUR WAY 11:30-12:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00 FOOD GIVEAWAY 1:00-2:30</p>	<p>22 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 GROCERY SHOPPING 12:00-2:00 BEGINNER QUILTING CLASS 1:00-3:00 SENIORCISE 3:30-4:15</p>	<p>23 COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00</p>
<p>CERAMICS 9:30-11:30 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30 SIGN UP FOR TRIP TO THE SALT BLOCK BEGINS</p>	<p>26 KNITTING AND CROCHETING 8:30-10:30 27 BIBLE HISTORY 10:00-11:00 MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 ADVISORY BOARD MEETING 12:00 SENIORCISE 3:30-4:15</p>	<p>28 TAI CHI 9:00-10:00 JEWELRY CLASS 10:00-11:00 COFFEE & CONVERSATION WITH SENIOR TAR HEEL DELEGATE 10:00-11:00 SENIORS IN MOTION 10:30-11:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00 SHRED TRUCK</p>	<p>29 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 BEGINNER QUILTING CLASS 1:00-3:00 SENIOR GAMES KICK-OFF AT THE NEAL SENIOR CENTER 1:30-3:30 SENIORCISE 3:30-4:15 JANIE'S PAINT CLASS \$ 5:15-7:15</p>	<p>30 COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00</p>

\$ means that this activity or service has a fee. Please see the newsletter or Program Coordinator for more information.

H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CERAMICS 9:30-11:30 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:45-12:45 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30	KNITTING AND CROCHETING 8:30-10:30 VETERANS MEETING 9:00-10:00 SPONSORED BY SENIOR TLC BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 DEMENTIA PRESENTATION BY PARTNERS 11:00-12:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 SENIORCISE 3:30-4:15	TAI CHI 9:00-10:00 COMPUTER TECHNOLOGY CLASS 10:00-12:00 JEWELRY CLASS 10:00-11:00 ADVANCE CARE PLANNING 10:00-11:30 BLOOD PRESSURE CLINIC SPONSORED BY CENTERWELL HOME HEALTH 10:00—11:30 SENIORS IN MOTION 10:30-11:30 YOUR STORY, YOUR WAY 11:30-12:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00	HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 BEGINNER QUILTING CLASS 1:00-3:00 SENIORCISE 3:30-4:15	COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00
CERAMICS 9:30-11:30 TECHNOLOGY PRESENTATION 10:00-11:00 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:45-12:45 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE CANCELED CLOGGING 3:30-4:30	KNITTING AND CROCHETING 8:30-10:30 BLACK HISTORY MONTH CELEBRATION! 10:00-11:30 BIBLE HISTORY CANCELED REFIT CANCELED CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 REFLECTIONS SUPPORT GROUP 1:00-2:00 SENIORCISE 3:30-4:15	TAI CHI 9:00-10:00 COMPUTER TECHNOLOGY CLASS 10:00-12:00 JEWELRY CLASS 10:00-11:00 DUTCH LUNCH BUNCH \$ KEN & MARY'S IN SHELBY 11:00-2:00 SENIORS IN MOTION 10:30-11:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00 SIGN UP FOR MARCH DUTCH LUNCH BEGINS	HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 VALENTINE'S BINGO PARTY SPONSORED BY ADORATION HOME HEALTH 10:00-10:30 BINGO 10:30-11:15 BEGINNER QUILTING CLASS 1:00-3:00 GROCERY SHOPPING 12:00-2:00 SENIORCISE 3:30-4:15	COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00 VALENTINE'S DANCE \$ 7:00-9:00
SENIOR CENTER AND NUTRITION SITE CLOSED FOR PRESIDENT'S DAY 	KNITTING AND CROCHETING 8:30-10:30 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 VOLUNTEER MEETING 12:15-1:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 CRAFT CLASS WITH CLAUDIA \$ (FACEBOOK LIVE OPTION) 1:00-3:00 SENIORCISE 3:30-4:15	TAI CHI 9:00-10:00 COMPUTER TECHNOLOGY CLASS 10:00-12:00 JEWELRY CLASS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 YOUR STORY, YOUR WAY 11:30-12:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00 FOOD GIVEAWAY 1:00-2:30	HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 BEGINNER QUILTING CLASS 1:00-3:00 SENIORCISE 3:30-4:15	COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00
CERAMICS 9:30-11:30 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:45-12:45 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30	KNITTING AND CROCHETING 8:30-10:30 AARP DRIVER SAFETY CLASS \$ 9:00-1:00 BIBLE HISTORY 10:00-11:00 MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 SENIORCISE 3:30-4:15	TAI CHI 9:00-10:00 COMPUTER TECHNOLOGY CLASS 10:00-12:00 JEWELRY CLASS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00 TRIP TO THE SALT BLOCK IN HICKORY \$ 9:00-3:30 SHRED TRUCK SIGN UP FOR THE TRIP TO CHERRYVILLE BEGINS	HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 GROCERY SHOPPING 12:00-2:00 BEGINNER QUILTING CLASS 1:00-3:00 SENIORCISE 3:30-4:15	COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00
Be sure to check out our Canteen located at the Front Desk. We have a variety of canned soft drinks, bottled water, crackers, chips, cookies and candy bars! Cost: \$.75 - \$1.25	<u>Drop-In Activities:</u> Exercise Room Billiards Room Indoor Walking Track Outdoor Walking Track Computer Lab Library	S.H.I.I.P. COUNSELING BY APPOINTMENT ONLY! We are here to help you with any of your Medicare questions.	<u>RANDOM ACTS OF KINDNESS WEEK</u> February 14—20 Check out the bulletin boards for ideas on how to make someone feel special! Kindness is contagious!	

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H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CERAMICS 9:30-11:30 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:45-12:45 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30	2 KNITTING AND CROCHETING 8:30-10:30 VETERANS MEETING 9:00-10:00 SPONSORED BY SENIOR TLC BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 MED SOUTH PROGRAM 11:15-12:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 SENIORCISE 3:30-4:15 ELECTION DAY	3 TAI CHI 9:00-10:00 COMPUTER TECHNOLOGY CLASS 10:00-12:00 BLOOD PRESSURE CLINIC SPONSORED BY CENTERWELL HOME HEALTH 10:00—11:30 JEWELRY CLASS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 YOUR STORY, YOUR WAY 11:30-12:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00	4 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 BEGINNER QUILTING CLASS 1:00-3:00 SENIORCISE 3:30-4:15 JANIE'S PAINT CLASS 5:15-7:15	5 COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00
CERAMICS 9:30-11:30 FACEBOOK CHAT 10:00-10:45 TECHNOLOGY PRESENTATION 10:00-11:00 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:45-12:45 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30 SIGN UP FOR APRIL DUTCH LUNCH	9 KNITTING AND CROCHETING 8:30-10:30 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 MED SOUTH PROGRAM 11:15-12:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 REFLECTIONS SUPPORT GROUP 1:00-2:00 SENIORCISE 3:30-4:15	10 TAI CHI 9:00-10:00 COMPUTER TECHNOLOGY CLASS 10:00-12:00 DUTCH LUNCH BUNCH \$ OLD HICKORY STATION AND HAMRICK'S 9:00-3:00 JEWELRY CLASS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00	11 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 GROCERY SHOPPING 12:00-2:00 BEGINNER QUILTING CLASS 1:00-3:00 SENIORCISE 3:30-4:15	12 COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00
CERAMICS 9:30-11:30 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:45-12:45 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30	16 KNITTING AND CROCHETING 8:30-10:30 MEDICINE DROP OFF 9:00-12:00 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 MED SOUTH PROGRAM 11:15-12:00 VOLUNTEER MEETING 12:15-1:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 SENIORCISE 3:30-4:15	17 TAI CHI 9:00-10:00 COMPUTER TECHNOLOGY CLASS 10:00-12:00 JEWELRY CLASS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 YOUR STORY, YOUR WAY 11:30-12:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00 FOOD GIVEAWAY 1:00-2:30	18 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 NATIONAL LET'S LAUGH DAY BINGO PARTY SPONSORED BY ADORATION HOME HEALTH 10:00-10:30 BINGO 10:30-11:15 BEGINNER QUILTING CLASS 1:00-3:00 SENIORCISE 3:30-4:15	20 COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00
CERAMICS 9:30-11:30 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:45-12:45 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30	23 KNITTING AND CROCHETING 8:30-10:30 RED CROSS BLOOD DRIVE 10:00AM – 2:30PM BIBLE HISTORY 10:00-11:00 MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 10:00-11:00 REFIT 11:00-12:00 MED SOUTH PROGRAM 11:15-12:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 SENIORCISE 3:30-4:15	24 TAI CHI 9:00-10:00 COMPUTER TECHNOLOGY CLASS 10:00-12:00 JEWELRY CLASS 10:00-11:00 TRIP TO CHERRYVILLE \$ 9:30-3:00 SENIORS IN MOTION 10:30-11:30 CARD GAME-HAND FOOT & KNEE 12:00-3:00 SHRED TRUCK	25 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 BEGINNER QUILTING CLASS 10:00-12:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 GROCERY SHOPPING 12:00-2:00 BEGINNER QUILTING CLASS 1:00-3:00 SENIORCISE 3:30-4:15 JANIE'S PAINT CLASS \$ 5:15-7:15	26 COFFEE & CONVERSATION 8:30-10:00 DULCIMER JAM 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 12:00-2:00
CERAMICS 9:30-11:30 FACEBOOK CHAT 10:00-10:45 SENIORS IN MOTION 10:30-11:30 BEGINNER LINE DANCING 11:45-12:45 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 CLOGGING 3:30-4:30 SIGN UP FOR TRIP TO HAMPTONVILLE	30 KNITTING AND CROCHETING 8:30-10:30 BIBLE HISTORY 10:00-11:00 FLOWER ARRANGING CLASS \$ 10:00-12:00 REFIT 11:00-12:00 MED SOUTH PROGRAM 11:15-12:00 CANASTA 1:00-3:00 CHAIR VOLLEYBALL 1:00-3:00 SENIORCISE 3:30-4:15	Drop-In Activities: Exercise Room Billiards Room Indoor Walking Track Outdoor Walking Track Computer Lab Library	SHIP COUNSELING By Appointment Only. Call us about your Medicare problems! We will be glad to assist you!	

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