



H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF OCTOBER 2022

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 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	3 KNITTING 8:30-10:30 4 VETERANS MEETING SPONSORED BY SUMMIT PLACE 9:00-10:00 BIBLE HISTORY 10:00-11:00 SENIOR DAY AT THE FAIR \$ 10:30-2:30 REFIT 11:00-12:00 CANASTA 1:00-3:00 ORNAMENT MAKING CLASS WITH CLAUDIA \$ (ZOOM OPTIONAL) 1:00-3:00	5 TAI CHI FOR ARTHRITIS 9:00-10:00 FALL RISK ASSESSMENT 9:30-11:00 BLOOD PRESSURE CLINIC SPONSORED BY CAREWELL HOME HEALTH 10:00-11:30 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION 10:30-11:30 CHAIR YOGA \$ 11:45-12:45 JEWELRY CLASS II 1:00-2:00	6 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE CANCELED INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15	7 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00-1:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 1:30-2:30
CERAMICS 9:30-11:30 COMPUTER CLASS 10:00-12:00 FACEBOOK CHAT 10:00-10:45 SMART PHONE CLINIC 10:00-11:00 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	10 KNITTING 8:30-10:30 11 LIVING HEALTHY WITH CHRONIC CONDITIONS 9:00-11:30 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 ORNAMENT MAKING CLASS WITH SUSAN AND MERCEDES \$ 1:00-3:00	12 TAI CHI FOR ARTHRITIS 9:00-10:00 JEWELRY CLASS 1 10:00-11:00 COMPUTER CLASS 10:00-12:00 SENIORS IN MOTION 10:30-11:30 DUTCH LUNCH BUNCH \$ CHILI'S BAR & GRILL IN GASTONIA 11:00-2:00 CHAIR YOGA \$ 11:45-12:45	13 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 BRIDGE 1:00-4:00	14 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00-1:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 1:30-2:30 <p style="text-align: center;">WEAR PINK DAY</p>
CERAMICS 9:30-11:30 COMPUTER CLASS 10:00-12:00 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	17 KNITTING 8:30-10:30 18 LIVING HEALTHY WITH CHRONIC CONDITIONS 9:00-11:30 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 VOLUNTEER MEETING 12:15-1:00 ORNAMENT MAKING CLASS WITH PAM \$ 1:00-3:00 SHRED TRUCK	19 TAI CHI FOR ARTHRITIS 9:00-10:00 JEWELRY CLASS 1 10:00-11:00 COMPUTER CLASS 10:00-12:00 SENIORS IN MOTION 10:30-11:30 CHAIR YOGA \$ 11:45-12:45 JEWELRY CLASS II 1:00-2:00 FOOD GIVE AWAY DRIVE THRU 1:00-2:30 ZOOM BOOK CLUB 4:00-5:00	20 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 ART CLASS WITH TAMMY \$ 1:00-3:00	21 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 POOL TOURNAMENT 10:00-UNTIL SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00-1:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 1:30-2:30
CERAMICS 9:30-11:30 COMPUTER CLASS 10:00-12:00 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	24 KNITTING 8:30-10:30 25 TRIP TO HENDERSONVILLE \$ 8:30-4:00 LIVING HEALTHY WITH CHRONIC CONDITIONS 9:00-11:30 MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 10:00-11:00 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 ADVISORY BOARD MEETING 12:00	26 TAI CHI FOR ARTHRITIS 9:00-10:00 BUTTERBEAN AUCTION 10:00-11:00 JEWELRY CLASS 1 10:00-11:00 COMPUTER CLASS 10:00-12:00 SENIORS IN MOTION 10:30-11:30 CHAIR YOGA \$ 11:45-12:45 CAREGIVER SUPPORT GROUP 1:00-2:00 ORNAMENT MAKING CLASS WITH ARCHIE \$ 1:00-3:00	27 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:15 INTERMEDIATE LINE DANCE 10:00-11:30 HALLOWEEN BINGO PARTY 10:00-10:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 BRIDGE 1:00-4:00	28 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00-1:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 1:30-2:30
CERAMICS 9:30-11:30 COMPUTER CLASS 10:00-12:00 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	31 	S.H.I.P. COUNSELING BY APPOINTMENT ONLY! Please pick up your Plan Finder Tool now and return it to the office. Medicare Part D Open Enrollment is October 15, 2022 – December 7, 2022	Drop-In Activities: Exercise Room Billiards Room Indoor Walking Track Outdoor Walking Track Computer Lab Library	

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

Activities subject to cancellation at any time due to COVID restrictions. Please call the Center for the latest updates.

Age My Way Survey – October 10 – October 14




H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	KNITTING 8:30-10:30 1 VETERANS MEETING SPONSORED BY SUMMIT PLACE 9:00-10:00 LIVING HEALTHY WITH CHRONIC CONDITIONS 9:00-11:30 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00	TAI CHI FOR ARTHRITIS 9:00-10:00 2 BLOOD PRESSURE CLINIC SPONSORED BY CAREWELL HOME HEALTH 10:00—11:30 JEWELRY CLASS 1 10:00-11:00 COMPUTER CLASS 10:00-12:00 SENIORS IN MOTION 10:30-11:30 CHAIR YOGA \$ 11:45-12:45 ORNAMENT MAKING CLASS WITH KATHY \$ 1:00-3:00	HEALTHY LIFESTYLE CLASS 8:00-9:30 3 GENTLE EXERCISE 9:30-10:15 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 ORNAMENT MAKING CLASS WITH TAMMY \$ 1:00-3:00	COFFEE & CONVERSATION 8:30-10:00 4 CHORUS 10:00-11:00 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00-1:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 1:30-2:30
CERAMICS 9:30-11:30 7 COMPUTER CLASS 10:00-12:00 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 ORNAMENT MAKING CLASS WITH JOY \$ 1:00-3:00	KNITTING 8:30-10:30 8 LIVING HEALTHY WITH CHRONIC CONDITIONS 9:00-11:30 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 ELECTION DAY	TAI CHI FOR ARTHRITIS 9:00-10:00 9 JEWELRY CLASS 1 10:00-11:00 COMPUTER CLASS 10:00-12:00 SENIORS IN MOTION 10:30-11:30 DUTCH LUNCH BUNCH \$ OLIVE GARDEN IN GASTONIA 11:00-2:00 CHAIR YOGA \$ 11:45-12:45	HEALTHY LIFESTYLE CLASS 8:00-9:30 10 GENTLE EXERCISE 9:30-10:15 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 WE HONOR VETERANS DROP-IN LUNCH SPONSORED BY HOME INSTEAD 11:00-1:00 BRIDGE 1:00-4:00	SENIOR CENTER AND NUTRITION SITE CLOSED FOR VETERAN'S DAY 
CERAMICS 9:30-11:30 14 SMART PHONE CLINIC 10:00-11:00 COMPUTER CLASS 10:00-12:00 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	KNITTING 8:30-10:30 15 TRIP TO SOUTHERN CHRISTMAS SHOW \$ 9:30-4:00 LIVING HEALTHY WITH CHRONIC CONDITIONS 9:00-11:30 BIBLE HISTORY 10:00-11:00 VOLUNTEER MEETING 12:15-1:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 SHRED TRUCK	TAI CHI FOR ARTHRITIS 9:00-10:00 16 JEWELRY CLASS 1 10:00-11:00 COMPUTER CLASS 10:00-12:00 SENIORS IN MOTION 10:30-11:30 CHAIR YOGA \$ 11:45-12:45 JEWELRY CLASS II 1:00-2:00 FOOD GIVE AWAY DRIVE THRU 1:00-2:30 ZOOM BOOK CLUB 4:00-5:00	HEALTHY LIFESTYLE CLASS 8:00-9:30 17 GENTLE EXERCISE 9:30-10:15 INTERMEDIATE LINE DANCE 10:00-11:30 GIVING THANKS BINGO PARTY 10:00-10:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 ART CLASS WITH TAMMY \$ 1:00-3:00	COFFEE & CONVERSATION 8:30-10:00 18 CHORUS 10:00-11:00 RED CROSS BLOOD DRIVE 10:00 – 2:30 SENIORS IN MOTION 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00-1:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 1:30-2:30
CERAMICS 9:30-11:30 21 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 CAREGIVER APPRECIATION LUNCHEON (ZOOM OPTION) 11:00-1:00	KNITTING 8:30-10:30 22 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	TAI CHI FOR ARTHRITIS 9:00-10:00 23 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION 10:30-11:30 ROTARY THANKSGIVING DINNER 11:00-12:00 (Sign up at the Front Desk before Wednesday, November 16 or until full) CHAIR YOGA \$ 11:45-12:45 CAREGIVER SUPPORT GROUP 1:00-2:00	SENIOR CENTER AND NUTRITION SITE CLOSED FOR THE THANKSGIVING HOLIDAY  Happy Thanksgiving	SENIOR CENTER AND NUTRITION SITE CLOSED FOR THE THANKSGIVING HOLIDAY 
CERAMICS 9:30-11:30 28 HOLIDAY GIFT SHOP SALE 9:30-12:30 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	KNITTING 8:30-10:30 29 HOLIDAY GIFT SHOP SALE 9:30-12:30 BIBLE HISTORY 10:00-11:00 LIVING WITH COPD PRESENTATION 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 TREE DECORATING 1:00-3:00	TAI CHI FOR ARTHRITIS 9:00-10:00 30 HOLIDAY GIFT SHOP SALE 9:30-12:30 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION 10:30-11:30 CHAIR YOGA \$ 11:45-12:45 JEWELRY CLASS II 1:00-2:00	Drop-In Activities: Exercise Room Billiards Room Indoor Walking Track Outdoor Walking Track Computer Lab Library	S.H.I.L.P. COUNSELING BYAPPOINTMENT ONLY! We are here to help you with any of your Medicare questions. PART D OPEN ENROLLMENT IS OCTOBER 15 – DECEMBER 7

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

Activities subject to cancellation at any time due to COVID restrictions. Please call the Center for the latest updates.

H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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!	HEALTHY LIFESTYLE CLASS 8:00-9:30 1 GENTLE EXERCISE 9:30-10:15 HOLIDAY GIFT SHOP SALE 9:30-12:30 HOLIDAY OPEN HOUSE 10:00-1:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15	COFFEE & CONVERSATION 8:30-10:00 2 HOLIDAY GIFT SHOP SALE 9:30-12:30 SENIORS IN MOTION 10:30-11:30 CHORUS 10:00-11:00 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00-1:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 1:30-2:30
CERAMICS 9:30-11:30 5 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 NEW MEMBER MEET AND GREET 11:00 – 12:00	KNITTING 8:30-10:30 6 VETERANS MEETING SPONSORED BY SUMMIT PLACE 9:00-10:00 LOW INCOME ENERGY ASSISTANCE PROGRAM APPLICATION DAY 9:00-11:00 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00	TAI CHI FOR ARTHRITIS 9:00-10:00 7 BLOOD PRESSURE CLINIC SPONSORED BY CAREWELL HOME HEALTH 10:00—11:30 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION 10:30-11:30 CHAIR YOGA \$ 11:45-12:45 JEWELRY CLASS II 1:00-2:00 LAST DAY TO SIGN UP FOR MEDICARE PART D DURING OPEN ENROLLMENT	HEALTHY LIFESTYLE CLASS 8:00-9:30 8 GENTLE EXERCISE 9:30-10:15 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 LAST DAY TO SIGN UP FOR THE CHRISTMAS PARTY BRIDGE 1:00-4:00	COFFEE & CONVERSATION 8:30-10:00 9 ADVISORY BOARD BREAKFAST 9:00AM SENIORS IN MOTION 10:30-11:30 CHORUS 10:00-11:00 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00-1:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 1:30-2:30
CERAMICS 9:30-11:30 12 FACEBOOK CHAT 10:00-10:45 SMART PHONE CLINIC 10:00-11:00 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	KNITTING 8:30-10:30 13 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 SHRED TRUCK	TAI CHI FOR ARTHRITIS 9:00-10:00 14 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION 10:30-11:30 DUTCH LUNCH BUNCH \$ FATZ IN SHELBY 11:00-2:00 CHAIR YOGA \$ 11:45-12:45	HEALTHY LIFESTYLE CLASS 8:00-9:30 15 GENTLE EXERCISE 9:30-10:15 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 ART CLASS WITH TAMMY \$ 1:00-3:00	ALL ACTIVITIES ARE CANCELED 16 ANNUAL SENIOR CENTER CHRISTMAS PARTY 11:00AM – 1:00PM (Sign up at the Front Desk before Friday, December 9 or until full)
WILL CLINIC BY NC LEGAL AID 9:00-3:00 (By Appointment Only) CERAMICS 9:30-11:30 19 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	KNITTING 8:30-10:30 20 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00 CRAFT CLASS WITH CLAUDIA \$ (ZOOM OPTIONAL) 1:00-3:00 VOLUNTEER MEETING CANCELED TRIP TO MCADENVILLE AND HILLBILLY'S \$ 4:30-7:30	TAI CHI FOR ARTHRITIS 9:00-10:00 21 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION 10:30-11:30 CHAIR YOGA \$ 11:45-12:45 JEWELRY CLASS II 1:00-2:00 HOLIDAY FOOD GIVE AWAY DRIVE THRU 1:00-2:30 ZOOM BOOK CLUB 4:00-5:00	HEALTHY LIFESTYLE CLASS 8:00-9:30 22 GENTLE EXERCISE 9:30-10:15 INTERMEDIATE LINE DANCE 10:00-11:30 CHRISTMAS SWEATER BINGO PARTY 10:00-10:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 BRIDGE 1:00-4:00	SENIOR CENTER AND NUTRITION SITE CLOSED FOR THE CHRISTMAS HOLIDAY 23 
SENIOR CENTER AND NUTRITION SITE CLOSED FOR THE CHRISTMAS HOLIDAY 26 	KNITTING 8:30-10:30 27 MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 10:00-11:00 BIBLE HISTORY 10:00-11:00 REFIT 11:00-12:00 CANASTA 1:00-3:00	TAI CHI FOR ARTHRITIS 9:00-10:00 28 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION 10:30-11:30 CHAIR YOGA \$ 11:45-12:45 CAREGIVER SUPPORT GROUP 1:00-2:00	HEALTHY LIFESTYLE CLASS 8:00-9:30 29 GENTLE EXERCISE CANCELED INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15	COFFEE & CONVERSATION 8:30-10:00 30 SENIORS IN MOTION 10:30-11:30 CHORUS 10:00-11:00 FRIDAY LUNCH CANCELED WII BOWLING LEAGUE 12:00-1:00 CHAIR VOLLEYBALL 12:00-2:00 PING PONG AND CORNHOLE 1:30-2:30

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