



Alexander Senior ^ Center ^{activity}

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - Exercise Class 10:00 - Musicians "Jam" 2 10:00 - Crocheting @SP NO Eazy Painting 12:30 - Woodcarving 2:00 - Coloring 3:45 - Yoga / Stretching \$	8:15 - "Sweatin To The Oldies" 9:00 - Exercise Class NO - Scrapbooking w/ Judy NO - AARP no meeting 1:00 - Card Games 3	Closed 4 	8:15 - "Sweatin To The Oldies" 9:00 - Exercise Class 10:00 - A New Way 2 Move NO - Decorative Painting \$ 5 NO-Line Dancing \$ 12:30 - Tai Chi VIDEO 1:00 - Games & Wii	9:00 - Exercise Class 10:00 - Tai Chi with Instructor 6
9:00 - Exercise Class 10:00 - Musicians "Jam" 10:00 - Crocheting 10:00 - Blood Pressure Check @SP NO Eazy Painting 12:30 - Woodcarving 9 2:00 - Coloring 3:45 - Yoga / Stretching \$	8:15 - "Sweatin To The Oldies" 9:00 - Exercise Class 10:00 - Scrapbooking w/ Judy 11:00 - VAN TRIP tickets \$ on sale NO - Card Making w/ Pat 1:00 - Card Games 10	8:30 Red Hat outing 9:00 - Best Value Hearing 10:00 Bingo Brunch Must RSVP by noon 7/9. Free. 12:15 - Coupon Club 11 1:30 - Dominoes 2:00 - Coloring 3:45 - Yoga / Stretching \$	8:15 - "Sweatin To The Oldies" 9:00 - Exercise Class 10:00 - A New Way 2 Move Exercise NO - Decorative Painting \$ NO- Line Dancing \$ 12 12:30 - Tai Chi with Instr 1:00 - Games & Wii	9:00 - Exercise Class 10:00 - Tai Chi w/ Instructor 13 
9:00 - Exercise Class 10:00 - Musicians "Jam" 16 10:00 - Crocheting @SP 10:30 Eazy Painting 12:30 - Woodcarving 2:00 - Coloring 3:45 - Yoga / Stretching \$	8:15 - "Sweatin To The Oldies" 9:00 - Exercise Class 10:00 - Scrapbooking w/ Judy 12:30 - Scrapbooking w/ Pat \$10 1:00 - Card Games 17	9:00 - Best Value Hearing 12:00 Birthday Luncheon Must buy \$5 ticket by 7/13. 18 1:30 - Dominoes 2:00 - Coloring 3:45 - Yoga / Stretching \$	8:15 - "Sweatin To The Oldies" 9:00 - Exercise Class 10:00 - A New Way 2 Move NO - Decorative Painting 19 NO- Line Dancing \$ 12:30 - Tai Chi with Instructor 1:00 - Games & Wii	9:00 - Exercise Class 20 10:00 - Tai Chi w/ Instructor 10-2 - Canning Gauge Lid testing 11am - Alone Together Lunch at Teens & Deens Country Kitchen
9:00 - Exercise Class VAN TRIP Shatley Springs 10:00 - Musicians "Jam" 23 10:00 - Crocheting @SP 10:30 Eazy Painting 12:30 - Woodcarving 3:45 - Yoga / Stretching \$	8:15 - "Sweatin To The Oldies" 9:00 - Exercise Class 10:00 - Scrapbooking w/ Judy 12:30- Card Making—Adv \$7 1:00 - Card Games 24	9:00 - Best Value Hearing 25 1:30 - Dominoes 2:00 - Coloring 3:45 - Yoga / Stretching \$	8:15 - "Sweatin To The Oldies" 26 9:00 - Exercise Class 10:00 - A New Way 2 Move Exercise 12:30 - Tai Chi with Instructor 1:00 - Games & Wii	9:00 - Exercise Class 27 10:00 - Tai Chi w/ Instructor
VAN TRIP Asheville 30 9:00 - Exercise Class 10:00 - Musicians "Jam" 10:00 - Crocheting @SP 10:30 Eazy Painting 12:30 - Woodcarving 3:45 - Yoga / Stretching \$	8:15 - "Sweatin To The Oldies" 31 9:00 - Exercise Class 10:00 - Scrapbooking w/ Judy 12:30- Card Making- Beginner \$7 1:00 - Card Games			

730 7th Street SW
 Taylorsville, NC 28681
 Phone—828-632-1717

Hours
 Mon. - Thurs. 8:00 - 5:00
 Fri. 8:00 - 2:00

Need help paying your Medicare Part-D premiums? The "EXTRA HELP" program may be able to help you. Call 632-1717. Income limits apply.

\$ = fee

Monday	Tuesday	Wednesday	Thursday	Friday
<h2 style="font-size: 2em; color: #4a4a99;">Taylorsville</h2> <div style="border: 1px solid #4a4a99; padding: 5px; margin: 5px;"> <p>730 7th Street SW Taylorsville, NC 28681 Phone—828-632-1717</p> </div>				
<div style="border: 1px solid #4a4a99; padding: 5px; margin: 5px;"> <p><u>Hours</u> Mon. - Thurs. 8:00 - 5:00 Fri. 8:00 - 2:00</p> </div>				
<p>9:00 - Exercise Class 6 10:00 - Musicians “Jam” 10:00 - Crocheting @SP 10:30 - Eazy Painting \$ 12:30 - Woodcarving 2:00 - Coloring 3:45 - Yoga / Stretching \$</p>	<p>8:15 - “Sweatin To The Oldies” 9:00 - Exercise Class NO - Scrapbooking w/ Judy 11:00 - AARP meet at Geppetto’s in Hickory 1:00 - Card Games 7</p>	<p>9:00 - Best Value Hearing 1 VAN TRIP Blowing Rock 1:30 - Dominoes 2:00 - Coloring 3:45 - Yoga / Stretching </p> <p>8:30 - Red Hat outing 9:00 - Best Value Hearing 10:00 Bingo Brunch Must RSVP by noon 8/6. Free. 12:15 - Coupon Club 8 1:30 - Dominoes 2:00 - Coloring 3:45 - Yoga / Stretching \$</p>	<p>8:15 - “Sweatin To The Oldies” 2 9:00 - Exercise Class 10:00 - New Way 2 Move Exercise 12:30 - Tai Chi with Instructor 1:00 - Games & Wii</p> <p>8:15 - “Sweatin To The Oldies” 9:00 - Exercise Class 10:00 - New Way 2 Move Exercise NO - Decorative Painting \$ NO- Line Dancing \$ 9 12:30 - Tai Chi with Instructor 1:00 - Games & Wii</p>	<p>9:00 - Exercise Class 10:00 - Tai Chi with Instructor 3</p> <p>12:00 - Free Seminar NEW TO MEDICARE</p> <p>No - Exercise Class Grandparent’s Day & Ice Cream Social 10:00am - 1:00pm 10</p>
<p>9:00 - Exercise Class 13 10:00 - Musicians “Jam” 10:00 - Blood Pressure Check 10:00 - Crocheting VAN TRIP Crawdads Game @SP 10:30 - Eazy Painting \$ 12:30 - Woodcarving 3:45 - Yoga / Stretching \$</p>	<p>8:15 - “Sweatin To The Oldies” 9:00 - Exercise Class 10:00 - Scrapbooking w/ Judy 12:30- Scrapbooking w/ Pat \$10 1:00 - Card Games 14</p>	<p>9:00 - Best Value Hearing 12:00 Birthday Lunch Must buy \$5 tickets by 8/10. 1:30 - Dominoes 2:00 - Coloring 15 3:45 - Yoga / Stretching \$</p>	<p>8:15 - “Sweatin To The Oldies” 16 9:00 - Exercise Class 10:00 - New Way 2 Move Exercise NO - Decorative Painting \$ NO- Line Dancing \$ 12:30 - Tai Chi with Instructor 1:00 - Games & Wii</p>	<p>9:00 - Exercise Class 17 10:00 - Tai Chi video</p> <p>11:00 - Alone Together lunch at Apple City BBQ</p>
<p>9:00 - Exercise Class 20 10:00 - Musicians “Jam” 10:00 - Crocheting @SP 10:30—Eazy Painting \$ 12:30 - Woodcarving 3:45 - Yoga / Stretching \$</p>	<p>8:15 - “Sweatin To The Oldies” 9:00 - Exercise Class 10:00 - Scrapbooking w/ Judy 12:30 - Card Making—Adv \$7 1:00 - Card Games 21</p>	<p>9:00 - Best Value Hearing 12:15 - Coupon Club 1:30 - Dominoes 2:00 - Coloring 22 3:45 - Yoga / Stretching \$</p>	<p>8:15 - “Sweatin To The Oldies” 9:00 - Exercise Class 10:00 - New Way 2 Move Exercise 12:30 - Tai Chi with Instr 23 1:00 - Games & Wii 5:00 - Alone on the Lake party</p>	<p>9:00 - Exercise Class 10:00 - Tai Chi with Instructor 24</p>
<p>9:00 - Exercise Class 27 10:00 - Musicians “Jam” 10:00 - Crocheting @SP NO - Eazy Painting \$ 12:30 - Woodcarving 2:00 - Coloring 3:45 - Yoga / Stretching \$</p>	<p>8:15 - “Sweatin To The Oldies” VAN TRIP Prime of Life Expo 9:00 - Exercise Class 10:00 - Scrapbooking w/ Judy 10:30 - Card Making - Begin \$7 1:00 - Card Games 28</p>	<p>9:00 - Best Value Hearing 12:15 - Coupon Club 29 1:30 - Dominoes 2:00 - Coloring 3:45 - Yoga / Stretching \$</p>	<p>8:15 - “Sweatin To The Oldies” 30 9:00 - Exercise Class 10:00 - New Way 2 Move Exercise - LAST CLASS 12:30 - Tai Chi - LAST CLASS 1:00 - Games & Wii</p>	<p>9:00 - Exercise Class 10:00 - Tai Chi with Instructor 31</p>

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