

# Bethlehem

Alexander Senior Center  
May/June 2018

Hours: Tue & Thurs 8am-4:30 Call 828-409-3742  
Mt. Pisgah Lutheran Church, 9379 Hwy-127 North, Hickory, NC 28601

**Weather Policy:** Bethlehem center will operate on the same weather schedule as Alexander county schools.

## MONTHLY ACTIVITIES

### Card Making - 1st Tuesday from 1:30-3:30

Pat Wilkinson teaches this creative class art of card making. She provides everything to make 4 unique cards each month. Fee \$7 for materials.

### Birthday Lunch - 3rd Tues at 12:00 May 15th and June 19th.

Everyone is welcome! Please come celebrate May and June birthdays with us. Bring a covered dish OR salad, chips, paper products, or drinks. Whatever you have. Happy Birthday!!! Special thanks to Lowes Foods for providing our cake.

### Any Day—Any Time

### Walking — Anytime Tues & Thurs

Come walk inside in the air conditioning or outside on the walking track. Walk anytime during our open hours. Please remember to sign-in with Kristy.

### BINGO 2nd Thursday at 10:30am

RSVP to 828-409-3742

May 10 — hosted by Home Instead

June 14— hosted by Kingston

## WEEKLY ACTIVITIES

### Wild Game Day — Every 4th Tuesday at 1:00pm

Join us for a variety of parlor games like Mexican Train Dominoes, Five Crowns, Phase 10, Hand & Foot, etc... Free.

### Woodcarving - Thursdays 10:00am-12:00pm

Great class for beginners, as well as experts. This is one of our most popular classes. Both men and women carve dogs, mice, trees, cube stars, bears, chains, beautiful birds and fish, etc.... The 1st Thursday of each month is BEGINNER DAY. Special attention will be given for new carvers. Dean Wright is our instructor. Free.

### Morning Stretch— Every Tuesday at 9:45am

This class consist of several exercises to stretch our bodies. Free.

### Needlework Unlimited group - Tuesdays 10am-12:00pm

Come Crochet, Knit, Quilt, Tat,...with friends. Jan Waldeck teaches Crochet! Karen Bowman helps with quilting. We teach! Come see us. Both classes are FREE.

### Spirit Energy - Tues 8:30-9:15am and Thurs 1:00

Led by Ellen Crider, certified Yoga instructor. Combination Yoga, Qi Gong and meditation class. \$ Level 1

### Gentle Yoga - Tues 9:30am and Thurs 2:00pm

Led by Ellen Crider, certified Yoga instructor. Gentle, easy, and therapeutic yoga poses on the mat. Great for beginners and experienced Yogis. alike. Bring mat. \$ Level 3

### Tai Chi exercise video - Tues & Thurs 8:30-9:30am

Tai Chi is a video-led senior exercise class. This is excellent stretching and strengthening exercise. It's great for balance as well. The class is very easy, but very effective. Free. Level 1.

## GAMES

### Hand & Foot (card game) - Tue & Thurs 1:00-4:30

The group is always willing to teach this very fun card game.

New players always welcome! No experience necessary. Free.

Game playing begins promptly at 1:00pm.

# Bethlehem May/June 2018

## Tuesday 8am-4:30pm May Thursday 8am-4:30pm

8:30 Spirit Energy \$5 8:30 Tai Chi exercise video 9:30 Gentle Mvmt Yoga \$5 10:00 Needle Work Unlimited	9:45 Morning Stretch 1:00 Cards & Games <b>1:30 Card Making \$7</b> Anytime-Walking	8:30 Tai Chi exercise video Anytime-Walking 10:00 Woodcarving <b>Beginner Day</b> 1:00 Spirit Energy \$5 2:00 Gentle Mvmt Yoga \$5	1:00 <b>Matter of Balance</b> 1:00 Cards & Games	1 3
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The Senior Center activities are only open to people 60 and over. We are dedicated to serving our older population and are funded specifically for them.

### Exercise level explanation:

#### Level 1 - Easy Slow- Tai Chi & Energy

Spirit Slow and good for flexibility, strengthening, and balance, includes Yoga with no floor work.

#### Level 3 - Medium - Gentle Yoga

Yoga that includes floor work.

Let your food be your medicine  
and your medicine be your food.  
— Hippocrates, 400 B.C.

### NUTRITION CLASS

**EAT RIGHT FOR LIFE!** class will focus on proper nutrition and how what we eat effects us for better or worse.

**July 12 — Aug 30 at 1pm.**

We are trying to establish interest for this 8-week intense nutrition class by Alvin Woodie. Call Kristy 828-409-3742 to hold your spot. Class is limited to 12 people. Fee \$5.