



Ashe Senior Center Calendar

180 Chattyrob Lane,
West Jefferson, NC 28694
(336) 246-4347

June 2017 Senior Center of Excellence

2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| <p style="text-align: center;">Classes 12:30-2:30 Basic Skills Class</p> <p style="text-align: center;">Legal Aid of North Carolina Senior Hot Line - 1-877-579-7562</p> <p>Note: Time and Dates Subject To Change</p> | <p>1 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study 10:30-11:30 Mind/Body Yoga 11-2 Greg's Chaplain Services 1:00 Scrabble (CR 1) 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5:00 Cards: Couples Canasta 6-9:00 Basket Weaving (CR1)</p> | <p>2 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00-3:00 Best Value Hearing 10:00 Exercise Class with Janet 10-2:00 Quilt Guild Boutique Class 10:30 DVD-Based Bible Study 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class 5:15 Zumba Fitness</p> | <p>3 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class 10:30-11:30 Mind/Body Yoga 11:30 Singing w/ Ray & Della 12-4 Community Service Quilts 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30-8:30 Mary Kay Meeting</p> | <p>4 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class w/ Janet 11:30 Singing w/ The Three Twins 12:00 Lunch w/ Director 12:30 Senior Center News on WSKS 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills 3:30 Riverview Fish Fry 5:15 Zumba Fitness</p> |
| <p>7 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 10-12 Knitting 11-3:00 Banjo/Dulcimer Class 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> | <p>8 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study 10:30 NC Deaf Hard of Hearing 10:30-11:30 Mind/Body Yoga 11-2 Greg's Chaplain Services 1:00 Scrabble (CR 1) 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5:00 Cards: Couples Canasta 6-9:00 Basket Weaving (CR1)</p> | <p>9 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00-3:00 Best Value Hearing 10:00 Exercise Class with Janet 10-2:00 Quilt Guild Boutique Class 10:30 DVD-Based Bible Study 10:30 Paint w / Raney 11:00 Medi-Home Health Promotion w/ Rachael Johnson 11:30 Alzheimer's Awareness Presentation 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class 5:15 Zumba Fitness</p> | <p>10 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00 Hamricks Trip to Bristol 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class 10-3:00 Wills Clinic 10:30-11:30 Mind/Body Yoga 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5 Quilt Guild Meeting 3-5 Helping Hands Grief Support</p> | <p>11 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class w/ Janet 12:30 Senior Center News on WSKS 11:30 Singing w/ Ray & Della 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills 5:15 Zumba Fitness</p> |

Calendar Continued on Back

~Do What Makes You Happy
 ~Be With Who Makes you Smile
 ~Laugh As Much As You Breathe
 ~Love As Long As You Live

August 2017 —Continued

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| <p>14 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 11:30 Singing w/ Wilda & Friends 11-3:00 Banjo/Dulcimer Class 1-4 Modern Quilting Group 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> | <p>15 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study 10:30-11:30 Mind/Body Yoga 11-2 Greg's Chaplain Services 1:00 Scrabble (CR 1) 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5:00 Cards: Couples Canasta 6-9:00 Basket Weaving (CR1)</p> | <p>16 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00-3:00 Best Value Hearing 10:00 Exercise Class with Janet 10-2:00 Quilt Guild Boutique Class 10:30 DVD-Based Bible Study 11:30 Singing w/ The Three Twins 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class 5:15 Zumba Fitness</p> | <p>17 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class 10:30-11:30 Mind/Body Yoga 11:00 Gentiva Blood Pressure Checks w/ Linda Bretz 12:00 Nutrition Update 12-4 Community Service Quilts 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30-8:30 Mary Kay Meeting</p> | <p>18 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class w/ Janet 11:30 Singing w/ Ray & Della 12:30 Senior Center News on WKSK 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills 5:15 Zumba Fitness</p> |
| <p>21 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 11-3:00 Banjo/Dulcimer Class 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> | <p>22 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study 10:30-11:30 Mind/Body Yoga 11-2 Greg's Chaplain Services 1:00 Scrabble (CR 1) 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5:00 Cards: Couples Canasta 6-9:00 Basket Weaving (CR1)</p> | <p>23 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00-3:00 Best Value Hearing 10:00 Exercise Class with Janet 10-2:00 Quilt Guild Boutique Class 10:30 DVD-Based Bible Study 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class 5:15 Zumba Fitness</p> | <p>24 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class 10:30-11:30 Mind/Body Yoga 12-4 Community Service Quilts 2-3:00 Computer Skills: Basic Skills w/Peer Coach 3-5:00 Helping Hands Grief Support 5:30-8:30 Mary Kay Meeting</p> | <p>25 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class w/ Janet 11:30 Singing w/ The Three Twins 12:30 Senior Center News on WKSK 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills 5:15 Zumba Fitness</p> |
| <p>28 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 11-3:00 Banjo/Dulcimer Class 11:30 Singing w/ Wilda & Friends 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> | <p>29 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study 10:30-11:30 Mind/Body Yoga 11-2 Greg's Chaplain Services 1:00 Scrabble (CR 1) 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5:00 Cards: Couples Canasta 6-9:00 Basket Weaving (CR1)</p> | <p>30 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00-3:00 Best Value Hearing 10:00 Exercise Class with Janet 10-2:00 Quilt Guild Boutique Class 10:30 DVD-Based Bible Study 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class 5:15 Zumba Fitness</p> | <p>31 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class 10:30-11:30 Mind/Body Yoga 12-4 Community Service Quilts 2-3:00 Computer Skills: Basic Skills w/Peer Coach 3-5:00 Helping Hands Grief Support 5:30-8:30 Mary Kay Meeting</p> | <p>Daily and Monthly Activities 7am-9pm Walking Trail 7:30-5 Exercise Room Open 8-5 Wii Fitness Game 8-12 Instructor Available 8-5 Blood Pressure Checks 8-5 Public Access Computer Lab (Except M,W 9-11) Drop In's 8-5 Billiards; Bingo; Rook; Piano; Horseshoes; Shuffleboard; Book Exchange</p> |