

October

Ashe Senior Center Calendar

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



2017

October 2017 Senior Center of Excellence
Breast Cancer Awareness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 1-2 Tai Chi 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> <p>Medicare Open Enrollment Kickoff 5:30—6:30</p>	<p>3 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 11:30 Linda South & Friends 1-2 Diabetes Class 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>4 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 1-2 Tai Chi 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class</p> 	<p>5 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class 11:30 Singing w/ Ray & Della 10:30-11:30 Mind/Body Yoga 2-3:00 Computer Skills: Basic Skills w/Peer Coach</p>	<p>6 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class w/ Janet 10-12:00 Bingo w/Terry 12:00 Lunch w/ Director 12:30 Senior Center News on WSKS 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills</p>  <p><i>October is Breast Cancer Awareness Month</i></p>
<p>9 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 10-12 Critter Knitters Knitting Group 11:30 Singing w/ Wilda & Friends 1-2 Tai Chi 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> <p>Canned Food Drive starts October 9th—December 8th</p>	<p>10 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 1-2 Diabetes Class 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>11 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 11:00 Medi-Home Health Promotion w/ Rachael Johnson 12:30 Cards: Samba 1-2 Tai Chi 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class</p> 	<p>12 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class 12:00 Food Safety 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>"Taste of the Mountains"</p>	<p>13 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</p> <p>Open Enrollment begins October 15th!!</p> 

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*"Every leaf speaks bliss to me, fluttering from the autumn tree."
~Emily Bronte*

October 2017 —Continued

*"Autumn is a second spring when every leaf is a flower."
~Albert Camus*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 1-2 Tai Chi 1-4 Modern Quilting Group 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> 	<p>17 8-5:00 Medicare Part D, Supplements & LIS Assistance 8:30-5:00 LifeLine Screening 9-11:30 Computer Class 10:00-11:30 Bible Study 10:30-11:30 Mind/Body Yoga 11-2 Greg's Chaplain Services 1-2 Diabetes Class 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>18 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00-3:00 Best Value Hearing 10:00 Exercise Class with Janet 10:30 Paint w / Raney 10-2:00 Quilt Guild Boutique Class 10:30 DVD-Based Bible Study 12:30 Cards: Samba 1-2 Tai Chi 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class</p>	<p>19 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 Kindred - 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>20 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 WSKS 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills</p> <p style="text-align: center;">Fuel Assistance Fundraiser Downtown W.J. 8-5</p>
<p>23 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 11:30 Singing w/ Wilda & Friends 1-2 Tai Chi 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p>24 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 11:30 Linda South & Friends 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>25 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 12:00 R U OK? Program 12:30 Cards: Samba 1-2 Tai Chi 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class</p>	<p>26 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 5:30-8:30 Mary Kay Meeting 3-5 Helping Hands Grief Support</p> <p style="text-align: center;">Open House 40th Anniversary 10-12</p>	<p>27 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class w/ Janet 12:30 Senior Center News on WSKS 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills</p> 
<p>30 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 1-2 Tai Chi 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> 	<p>31 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 style="text-align: center;">Happy Halloween</p> 	 <p style="text-align: center;">HALLOWEEN COSTUME CONTEST</p> <p style="text-align: center;">October 31st 12:00 Prizes Awarded for best costume!!</p>	<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 style="text-align: center;">Note: Time and Dates Subject To Change</p>	<p style="text-align: center;">Daily and Monthly Activities</p> <p>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)</p> <p style="text-align: center;">Drop In's 8-5 Billiards; Bingo; Rook; Piano; Horseshoes; Shuffleboard; Book Exchange</p>