







JUNE

Ashe Senior Center Calendar

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

June 2017 Senior Center of Excellence
PTSD, Alzheimer's & Brain Awareness Month

2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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)</p> <p>Drop In's 8-5 Billiards; Bingo; Rook; Piano; Horseshoes; Shuffle- board; Book Exchange</p>	<p>Classes 12:30-2:30 Basic Skills Class</p> <p>Legal Aid of North Carolina Senior Hot Line - 1-877-579-7562</p> <p>Note: Time and Dates Subject To Change</p> 	<p>PTSD</p> <p>Not all wounds are visible</p>  <p>http://traumadissociation.com</p>	<p>1 8-5:00 Medicare Part D, Supple- ments & 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>2 8-5:00 Medicare Part D, Supple- ments & LIS Assistance 10-4 Quilt Guild Class (CR1) 10:00 Exercise Class w/ Janet 11:30 Singing with Larry Clark 12:00 Lunch w/ Director 12:30 Senior Center News on WWSK 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills 3:30 Riverview Fish Fry 5:15 Zumba Fitness</p> 
<p>5 8-5:00 Medicare Part D, Supple- ments & LIS Assistance 10:00 Exercise Class with Janet 10-12 Knitting 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>6 8-5:00 Medicare Part D, Supple- ments & 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 Singing W/ Richard Duncan 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>7 8-5:00 Medicare Part D, Supple- ments & LIS Assistance 9-12 Avon & Watches 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 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>8 8-5:00 Medicare Part D, Supple- ments & 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 Home Safety w/Fire Marshall Bob Davis 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5 Quilt Guild Meeting 3-5 Helping Hands Grief Support</p>	<p>9 8-5:00 Medicare Part D, Supple- ments & LIS Assistance 10-4 Quilt Guild Class (CR1) 10:00 Exercise Class w/ Janet 12:30 Senior Center News on WWSK 11:30 Singing w/ Ray & Della 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills 5:15 Zumba Fitness</p> 

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Faith, Hope, Love
And now abide faith, hope, love, these three, but the greatest of these is Love. ~ 1 Corinthians 13:13

June 2017 —Continued

~Flowers are the sweetest things God ever made...
...and forgot to put a soul into. ~
~ Henry Ward Beecher ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12 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>13 8-5:00 Medicare Part D, Supplements & LIS Assistance 8-4 LifeLine Screening (MPR) 9-11:30 Computer Class 9:00 Trip To Hamrick's (Winston) 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</p>	<p>14 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 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class 5:15 Zumba Fitness</p> 	<p>15 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 12:00 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>16 8-5:00 Medicare Part D, Supplements & LIS Assistance 10-4 Quilt Guild Class (CR1) 10:00 Exercise Class w/ Janet 12:30 Senior Center News on WKSJ 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills 5:15 Zumba Fitness</p> <div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>Remember Father's Day is June 18!!</p> </div>
<p>19 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>20 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 11:30 Singing w/ South Family 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>21 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 Ice Cream Social 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class 5:15 Zumba Fitness</p> 	<p>22 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 12-4 Community Service Quilts 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30-8:30 Mary Kay Meeting</p>	<p>23 8-5:00 Medicare Part D, Supplements & LIS Assistance 10-4 Quilt Guild Class (CR1) 10:00 Exercise Class w/ Janet 11:30 Singing with Ray and Della 12:30 Senior Center News on WKSJ 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills 5:15 Zumba Fitness</p>
<p>26 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 11:30 Food Safety 11-3:00 Banjo/Dulcimer Class 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> 	<p>27 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 11:30 Singing w/ South Family 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>28 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00-3:00 Best Value Hearing 10:00 Exercise Class with Janet 11:30 Singing w/Larry Clark 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>29 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00 Trip to Linney's Mill & Amish Store 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 Helping Hands Grief Support 5:30-8:30 Mary Kay Meeting</p>	<p>30 8-5:00 Medicare Part D, Supplements & LIS Assistance 10-4 Quilt Guild Class (CR1) 10:00 Exercise Class w/ Janet 12:30 Senior Center News on WKSJ 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills 5:15 Zumba Fitness</p> 