

June



Ashe Senior Center Calendar

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

June 2018 Senior Center of Excellence

Ashe Service for Aging is an equal opportunity employer and provider.
June is PTSD, Alzheimer's & Brain Awareness Month

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>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; Shuffleboard; Book Exchange</p>		<p>PTSD Not all wounds are visible</p> 	<p>1 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class w/ Janet 12:00 Lunch w/ Director 12-1 Fleetwood Folk to sing 12:30 Senior Center News on WSKS 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills</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 11:30 Singing w/ Wilda & Friends 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p>5 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-11:30 Computer Class 10-12:00 A.S.H.E w/ Vickie Flanagan 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>6 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 Nutrition 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class</p>	<p>7 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</p>	<p>8 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-3:00 Quilt Guild (CR1) 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>END ALZ June is Alzheimer's and Brain Awareness Month</p> <p>Know the signs. Know the symptoms. If you experience any of them, see your doctor.</p>				



Calendar Continued on Back

~ Spring is a time to find out where you are...
Who you are, and move toward where you are
going. ~ Penelope Trunk

June 2018 —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>11 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 11:00 Medi-Home Health Promotion w/ Rachael Johnson 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p>12 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00 Trip to Hamricks 9-11:30 Computer Class 10:00-11:30 Bible Study 10:00 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>13 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</p>	<p>14 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 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5 Quilt Guild Meeting 3-5 Helping Hands Grief Support 5:30-8:30 Mary Kay Meeting</p>	<p>15 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</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 11:30 Singing w/ Wilda & Friends 1-4 Modern Quilting Group 2-3 Working with Common Behaviors & Challenges in Dementia w/ Vaya Health 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p>19 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>20 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</p>	<p>21 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 Kindred @ Home/ w/ Linda Bretz Blood Pressure Checks 2-3:00 Computer Skills: Basic Skills w/Peer Coach</p> 	<p>22 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class w/ Janet 12:30 Senior Center News on WKSK 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills</p> 
<p>25 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class with Janet 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p>26 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 Healthy Living Part 1 w/ Allison Brown 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>27 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</p>	<p>28 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 2-3:00 Computer Skills: Basic Skills w/Peer Coach 3-5 Helping Hands Grief Support</p>  <p>8-4 pm</p>	<p>29 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise Class w/ Janet 12:30 Senior Center News on WKSK 1-3:00 Smart Phone Class w/ Carolina West Wireless 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills</p>