



## Ashe Senior Center Calendar

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

### July 2018 Senior Center of Excellence

*Ashe Service for Aging is an equal opportunity employer and provider.  
July is UV Safety Awareness Month*

# 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9:00-3:00 Best Value Hearing <b>10:00 Exercise Class with Janet</b> <b>11:30 Singing w/ Wilda &amp; Friends</b> 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p><b>3</b> 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9:00-3:00 Best Value Hearing <b>10:00 Exercise Class with Janet</b> <b>10-12:00 A.S.H.E w/ Vickie Flanagan</b> <b>11:30 Linda South &amp; Friends</b> 2-3:00 Computer Skills: Basic Skills w/Peer Coach <b>4:00 Caregiver Support Group @ Assisted Living</b> 6-9:00 Basket Weaving (CR1)</p>	<p style="font-size: 4em; color: red; font-family: cursive;">Closed</p> <p style="font-size: 3em; color: blue; font-family: cursive;">4<sup>th</sup> of July</p>	<p><b>5</b> 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class <b>10:30-11:30 Mind/Body Yoga</b> <b>11:30 Singing w/ Ray &amp; Della</b> 12-4 Community Service Quilts 2-3:00 Computer Skills: Basic Skills w/Peer Coach 3-5 Helping Hands Grief Support</p>	<p><b>6</b> 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class w/ Janet</b> <b>12:00 Lunch w/ Director</b> 12:30 Senior Center News on WSKS 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills</p>
<p><b>9</b> 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9:00-3:00 Best Value Hearing <b>10:00 Exercise Class with Janet</b> <b>11:00 Medi-Home Health Promotion w/ Rachael Johnson</b> 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p><b>10</b> 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study <b>10:00 NC Deaf &amp; Hard of Hearing</b> <b>10:30-11:30 Mind/Body Yoga</b> 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><b>11</b> 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9:00-3:00 Best Value Hearing <b>9-12:00 Avon &amp; Watches w/ Vivian &amp; Ted</b> <b>10:00 Exercise Class with Janet</b> 10-2:00 Quilt Guild Boutique Class 10:30 DVD-Based Bible Study <b>12:00 Nutrition</b> 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class</p>	<p><b>12</b> 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>9:00 Trip to Andy Griffith Museum</b> 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class <b>10:30-11:30 Mind/Body Yoga</b> 12-4 Community Service Quilts 2-5 Quilt Guild Meeting 2-3:00 Computer Skills: Basic Skills w/Peer Coach</p>	<p><b>13</b> 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9-3:00 Quilt Guild (CR1) <b>10:00 Exercise Class w/ Janet</b> <b>11:30 Singing w/ Ray &amp; Della</b> 12:30 Senior Center News on WSKS 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills</p>

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Count your blessings. Name them one by one. Count your many blessings, see what GOD has done.

# July 2018 —Continued

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class with Janet</b> <b>10:30-11:30 Depression Bingo W/ Vaya Health</b> <b>11:30 Singing w/ Wilda &amp; Friends</b> <b>1-2:00 Tai Chi Class</b> <b>2-3 Depression &amp; Suicide in Older Adults w/ Vaya Health</b> 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 &amp; LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study <b>10:30-11:30 Mind/Body Yoga</b> 11-2 Greg's Chaplain Services <b>11:30 Linda South &amp; Friends</b> 1:00 Scrabble (CR 1) 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5:00 Cards: Couples Canasta <b>4:00 Caregiver Support Group @ Assisted Living</b> 6-9:00 Basket Weaving (CR1)</p>	<p>18 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9:00-3:00 Best Value Hearing <b>10:00 Exercise Class with Janet</b> 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>19 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class <b>10:30-11:30 Mind/Body Yoga</b> <b>11:30 Kindred @ Home/ w/ Linda Bretz Blood Pressure Checks</b> 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 &amp; LIS Assistance <b>10:00 Exercise Class w/ Janet</b> <b>11:30-1 Fleetwood Folk to sing</b> 12:30 Senior Center News on WKSK 1-3:00 Mahjong Card Game <b>3:30 Trip to Riverview Fish Fry</b> 2-3:00 Basic Computer Skills</p> 
<p>23 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9:00-3:00 Best Value Hearing <b>10:00 Exercise Class with Janet</b> <b>1-2:00 Tai Chi Class</b> 1-4 Modern Quilting Group 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 &amp; LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study <b>10:30-11:30 Mind/Body Yoga</b> 11-2 Greg's Chaplain Services <b>11:30 Dementia Conversations w/Allison Brown</b> 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 &amp; LIS Assistance 9:00-3:00 Best Value Hearing <b>10:00 Exercise Class with Janet</b> 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>26 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class <b>10:30-11:30 Mind/Body Yoga</b> 2-3:00 Computer Skills: Basic Skills w/Peer Coach 3-5 Helping Hands Grief Support</p>	<p>27 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class w/ Janet</b> 12:30 Senior Center News on WKSK 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills</p>
<p>30 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class with Janet</b> <b>11:30 Singing w/ Wilda &amp; Friends</b> <b>1-2:00 Tai Chi Class</b> 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 &amp; LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study <b>10:30-11:30 Mind/Body Yoga</b> 11-2 Greg's Chaplain Services <b>11:30 Ashe Community Paramedic Program w/ Cody Darnell</b> 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><b>Classes</b> <b>12:30-2:30 Basic Skills Class</b></p> <p><b>Legal Aid of North Carolina Senior Hot Line -</b> <b>1-877-579-7562</b></p> <p><b>Note: Time and Dates Subject To Change</b></p>		<p><b>Daily and Monthly Activities</b> 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><b>Drop In's</b> 8-5 Billiards; Bingo; Rook; Piano; Horseshoes; Shuffleboard; Book Exchange</p> 