



## 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>3 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class with Janet</b> 10-12 Knitting 11-3:00 Banjo/Dulcimer Class <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>4 <b>Closed</b> <b>4th of July</b></p> 	<p>5 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 <b>5:15 Zumba Fitness</b></p> 	<p>6 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 5:30-8:30 Mary Kay Meeting</p> 	<p>7 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class w/ Janet</b> <b>11:30 Singing w/ The Three Twins</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 <b>3:30 Riverview Fish Fry</b> <b>5:15 Zumba Fitness</b></p> 
<p>10 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class with Janet</b> 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>11 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance 9-11:30 Computer Class 10:00-11:30 Bible Study <b>10:30 NC Deaf 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>12 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 <b>10:30 Paint w / Raney</b> <b>11:00 Medi-Home Health Promotion w/ Rachael Johnson</b> <b>11:30 Alzheimer's Awareness Presentation</b> 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class <b>5:15 Zumba Fitness</b></p> 	<p>13 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>9:00 Hamricks Trip to Bristol</b> 9-12:00 Quilting Class: W/Doris 9-12:00 Cut-Ups Quilting Class <b>10-3:00 Wills Clinic</b> <b>10:30-11:30 Mind/Body Yoga</b> 2-3:00 Computer Skills: Basic Skills w/Peer Coach 2-5 Quilt Guild Meeting 3-5 Helping Hands Grief Support</p> 	<p>14 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class w/ Janet</b> 12:30 Senior Center News on WSKS <b>11:30 Singing w/ Ray &amp; Della</b> 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills <b>5:15 Zumba Fitness</b></p>

Calendar Continued on Back

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

# July 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>17 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> 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>18 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 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>19 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 <b>11:30 Singing w/ The Three Twins</b> 12:30 Cards: Samba 1-4:00 New Quilting Girls 2-3 Basic Computer Skills Class <b>5:15 Zumba Fitness</b></p>	<p>20 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>11:00 Gentiva Blood Pressure Checks w/ Linda Bretz</b> 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>21 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <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 <b>5:15 Zumba Fitness</b></p> 
<p>24 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class with Janet</b> 11-3:00 Banjo/Dulcimer Class 2-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p> 	<p>25 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 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>26 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 <b>5:15 Zumba Fitness</b></p>	<p>27 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>9:00 Trip to Cone Mansion &amp; Linn Cove Viaduct</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 2-3:00 Computer Skills: Basic Skills w/Peer Coach 3-5:00 Helping Hands Grief Support 5:30-8:30 Mary Kay Meeting</p>	<p>28 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class w/ Janet</b> <b>11:30 Singing w/ The Three Twins</b> 12:30 Senior Center News on WSKS 1-3:00 Mahjong Card Game 2-3:00 Basic Computer Skills <b>5:15 Zumba Fitness</b></p>
<p>31 8-5:00 Medicare Part D, Supplements &amp; LIS Assistance <b>10:00 Exercise Class with Janet</b> 11-3:00 Banjo/Dulcimer Class <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>Classes</b> 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><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>