


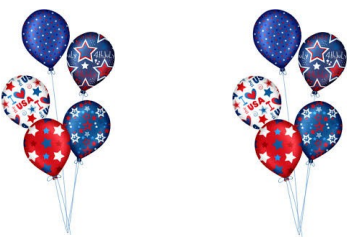







July 2022



Off-Site Locations:
 DR - Deep River Recreation Center
 MH - Morehead Recreation Center
 OV - Oakview Recreation Center
 HPAC - Aderholdt Track
 BPGC - Blair Park Golf Course
 WTP - Washington Terrace Park
 AP - Armstrong Park



Mon	Tue	Wed	Thu	Fri
<p><u>Drop-in Activities</u></p> <p><i>Open Walking, Monday - Friday</i> 9 a.m. - 4 p.m.</p> <p><i>Billiards, Monday - Friday</i> 9 a.m. - 5 p.m.</p> <p><i>Computer Lab, Tuesday - Friday</i> 9 a.m. - 5 p.m.</p> <p><i>Media Center, Monday - Friday</i> 9 a.m. - 5 p.m.</p> <p><i>Ping-Pong, Monday - Friday</i> 9 a.m. - 5 p.m.</p> 	<p><u>Drop-in Activities</u></p> <p><i>Open Walking, Tuesdays</i> 5:30 - 8 p.m.</p> <p><i>Billiards, Tuesdays</i> 5 - 8 p.m.</p> <p><i>Computer Lab, Tuesdays</i> 5 - 7:45 p.m.</p> <p><i>Media Center, Tuesdays</i> 5:30 - 8 p.m.</p> <p><i>Ping-Pong, Tuesdays</i> 5 - 8 p.m.</p>		<p><i>1</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. AquaFit \$ 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball 3 p.m. Cornhole/ Shuffleboard</p> 	
<p><i>4</i></p> <p>Happy Fourth of July!</p> <p>Senior Center</p> <p>Closed</p> 	<p><i>5</i></p> <p>9:30 a.m. A Matter of Balance 10:30 a.m. Senior Class Chorus 1 p.m. Living Healthy with Chronic Conditions 1 p.m. Samba Card Game 4 p.m. Knitting & Crochet 5 p.m. Spades Card Game 6 p.m. Chair Volleyball 6:30 p.m. Cornhole/ Shuffleboard</p> 	<p><i>6</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>	<p><i>7</i></p> <p>9 a.m. Stability Training 9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta</p>	<p><i>8</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. AquaFit \$ 11 a.m. Ladies Lunch \$ 1 p.m. Virtual AARP Workshop Series for the Community: Brain Health 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball 3 p.m. Cornhole/ Shuffleboard</p> 
<p><i>11</i></p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Tablet Class \$ 1 p.m. Hand/Foot Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Chair Volleyball 3 p.m. Cornhole/ Shuffleboard 6 p.m. Cheerleading Practice - DR</p> 	<p><i>12</i></p> <p>10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 4 p.m. Knitting & Crochet 5 p.m. Spades Card Game 6 p.m. Chair Volleyball 6:30 p.m. Cornhole/ Shuffleboard</p>	<p><i>13</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>	<p><i>14</i></p> <p>9 a.m. Stability Training 9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta</p> 	<p><i>15</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. AquaFit \$ 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball 3 p.m. Cornhole/ Shuffleboard</p>
<p><i>18 & 25</i></p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Tablet Class \$ (18) 1 p.m. Hand/Foot Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Chair Volleyball 3 p.m. Cornhole/ Shuffleboard 6 p.m. Cheerleading Practice - DR</p>	<p><i>19 & 26</i></p> <p>10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 4 p.m. Knitting & Crochet 5 p.m. Spades Card Game 6 p.m. Chair Volleyball 6:30 p.m. Cornhole/ Shuffleboard</p>	<p><i>20 & 27</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Take-home Lunch and Learn with in-person education, sponsored by HealthTeam Advantage: Healthy Living for Your Brain and Body - Mental Health, Medication for Cholesterol, Diabetes & Hypertension (20) 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Cornhole/ Shuffleboard</p>	<p><i>21 & 28</i></p> <p>9 a.m. Stability Training 9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta</p> 	<p><i>22 & 29</i></p> <p>8:30 a.m. Boot Camp \$ 9:30 a.m. Wohlfahrt Haus Dinner Theatre Trip \$ (22) 10 a.m. AHOY Exercise 11 a.m. AquaFit \$ 11 a.m. Take-home Birthday Cake - Providence Place (29) 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball 3 p.m. Cornhole/ Shuffleboard</p>

August 2022



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Mon	Tue	Wed	Thu	Fri
<p><i>1</i></p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 10 a.m. Tablet Class \$ 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 3 p.m. Cornhole/Shuffleboard 6 p.m. Cheerleading Practice - DR</p>	<p><i>2</i></p> <p>10:00 Cultural Chair Dance - HealthTeam Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 4 p.m. Knitting & Crochet 5 p.m. Spades Card Game 5 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6:30 p.m. Cornhole/Shuffleboard</p> 	<p><i>3</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>	<p><i>4</i></p> <p>9 a.m. Stability Training 9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta</p> 	<p><i>5</i></p> <p>10 a.m. Piedmont Triad Farmers Market and Moose Café Trip \$ 8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. AquaFit \$ 1 p.m. Virtual AARP Workshop Series: Living Longer, Living Smarter 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 1 p.m. Social Bridge 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>
<p><i>8</i></p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 10 a.m. Tablet Class \$ 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 3 p.m. Cornhole/Shuffleboard 6 p.m. Cheerleading Practice - DR</p> 	<p><i>9</i></p> <p>10:00 Cultural Chair Dance - HealthTeam Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 4 p.m. Knitting & Crochet 5 p.m. Spades Card Game 5 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6:30 p.m. Cornhole/Shuffleboard</p>	<p><i>10</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p> 	<p><i>11</i></p> <p>9 a.m. Stability Training 9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta</p>	<p><i>12</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. AquaFit \$ 11 a.m. Ladies Lunch \$ 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 1 p.m. Social Bridge 1 p.m. Ladies Lunch \$ 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p> 
<p><i>15</i></p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 10 a.m. Tablet Class \$ 11 a.m. Walk With Ease 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 3 p.m. Cornhole/Shuffleboard 6 p.m. Cheerleading Practice - DR</p>	<p><i>16</i></p> <p>10:00 Cultural Chair Dance - HealthTeam Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 4 p.m. Knitting & Crochet 5 p.m. Spades Card Game 5 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6:30 p.m. Cornhole/Shuffleboard</p> 	<p><i>17</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 11 a.m. Take-home Lunch and Learn with in-person education, sponsored by HealthTeam Advantage: Healthy Living for Your Brain: Smoking Cessation 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Cornhole/Shuffleboard</p>	<p><i>18</i></p> <p>9 a.m. Stability Training 9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Book Club 10 a.m. Bid Whist - WTP 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta</p> 	<p><i>19</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 1 p.m. Social Bridge 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>
<p><i>22</i></p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 10 a.m. Tablet Class \$ 11 a.m. Walk With Ease 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 3 p.m. Cornhole/Shuffleboard 6 p.m. Cheerleading Practice - DR</p>	<p><i>23</i></p> <p>10:00 Cultural Chair Dance - HealthTeam Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball - MH 2:30 I Have the Basics; What Now? Pickleball Clinic \$ - MH 4 p.m. Knitting & Crochet 5 p.m. Spades Card Game 5 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6:30 p.m. Cornhole/Shuffleboard</p>	<p><i>24</i></p> <p>8:30 a.m. Boot Camp \$ 9 a.m. Piedmont Environmental Center Natural Walk Trip \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p> 	<p><i>25</i></p> <p>9 a.m. Stability Training 9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Badminton 1 p.m. Pickleball - MH</p>	<p><i>26</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 1 p.m. Social Bridge 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p> 
<p><i>29</i></p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. Tablet Class \$ 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 11 a.m. Walk With Ease 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 3 p.m. Cornhole/Shuffleboard 6 p.m. Cheerleading Practice - DR</p>	<p><i>30</i></p> <p>10:00 Cultural Chair Dance - HealthTeam Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball - MH 2:30 I Have the Basics; What Now? Pickleball Clinic \$ - MH 4 p.m. Knitting & Crochet 5 p.m. Spades Card Game 5 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6:30 p.m. Cornhole/Shuffleboard</p>	<p><i>31</i></p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p> 	<p>Drop-in Activities</p> <p><i>Open Walking, Tuesdays, 5:30 - 8 p.m.</i></p> <p><i>Billiards, Tuesdays, 5 - 8 p.m.</i></p> <p><i>Computer Lab, Tuesdays, 5 - 7:45 p.m.</i></p> <p><i>Media Center, Tuesdays, 5:30 - 8 p.m.</i></p> <p><i>Ping-Pong, Tuesdays, 5:30 - 8 p.m.</i></p>	<p>Drop-in Activities</p> <p><i>Open Walking, Monday - Friday, 9 a.m. - 4 p.m.</i></p> <p><i>Billiards, Monday - Friday, 9 a.m. - 5 p.m.</i></p> <p><i>Computer Lab, Tuesday - Friday, 9 a.m. - 5 p.m.</i></p> <p><i>Media Center, Monday - Friday, 9 a.m. - 5 p.m.</i></p> <p><i>Ping-Pong, Monday - Friday, 9 a.m. - 5 p.m.</i></p>