


High Point Parks & Recreation
 Roy B. Culler, Jr. Senior Center
 921 Eastchester Drive, Suite 1230
 High Point, N.C. 27262
 336. 883.3584

January 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><i>Tax Appointments by High Point Volunteer Income Tax Assistance Program (VITA)</i></p> <p>January 24 - April 18</p> <p>Appointments are held at the High Point Public Library and Guilford Technical Community College (GTCC) in Jamestown.</p> <p>Contact the Senior Center at 336.883.3584 for information or to make an appointment. Also go online to SignUpGenius.com/go/HPTax.</p> <p>You must have an email address when using the website.</p>	<p><i>Evidence-based program</i> A Matter of Balance</p> <p>January 11 Information Session 9:30 - 10:00 a.m.</p> <p>Class Dates January 18 - March 8 9:30 - 11:30 a.m.</p> <p>Sponsored by Area Agency of Aging</p>	<p><i>Evidence-based program</i> Living Healthy with Chronic Diseases</p> <p>February 8 Information Session 1 - 1:30 p.m.</p> <p>Class Dates February 15 - March 22 1 - 3:30 pm</p> <p>Sponsored by Area Agency of Aging</p>	<p>2022 Senior Games/SilverArts</p> <p><i>Early Bird Registration</i> January 3 - February 1 Fee: \$10</p> <p><i>Registration</i> February 2 - April 1 Fee: \$12</p>	<p>31</p> <p>Senior Center closed to observe</p> <p>New Year's holiday</p> <p>1</p> <p>Happy New Year!</p>
<p>3</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 \$ 11:30 a.m. Streaming Class \$ 1 p.m. Hand/Foot Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Creative Coloring 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 3 p.m. Cornhole / Shuffleboard</p>	<p>4</p> <p>10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Badminton 1 p.m. Pickleball - MH</p>	<p>5</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>6</p> <p>9 a.m. Stability Training 9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist 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>7</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Putt-putt \$ 1 p.m. Pinochle 2 p.m. Creative Coloring 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>
<p>10</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 \$ 11:30 a.m. Streaming Class \$ 1 p.m. Hand/Foot Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Creative Coloring 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 3 p.m. Cornhole / Shuffleboard</p>	<p>11</p> <p>9:30 a.m. A Matter of Balance Information Session 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Badminton 1 p.m. Pickleball - MH</p>	<p>12</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>13</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 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>14</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Putt-putt \$ 1 p.m. Pinochle 1 p.m. Ladies Lunch 2 p.m. Creative Coloring 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>
<p>17</p> <p>Senior Center closed to observe</p> <p>MLK, Jr. holiday</p> 	<p>18</p> <p>9:30 a.m. A Matter of Balance 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Badminton 1 p.m. Pickleball - MH</p>	<p>19</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 2 p.m. Virtual Reading to honor Dr. Martin Luther King, Jr. 3 p.m. Cornhole 3 p.m. Shuffleboard</p>	<p>20</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 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>21</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Lunch and Learn, Fueling your body for good health (in-person and virtual) 1 p.m. Putt-putt \$ 1 p.m. Pinochle 2 p.m. Creative Coloring 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>
<p>24 & 31</p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 9:30 a.m. Lexington Trip \$ (24th) 10 a.m. Tablet Class \$ 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Hand/Foot Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Creative Coloring 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 3 p.m. Cornhole/Shuffleboard</p>	<p>25</p> <p>9:30 a.m. A Matter of Balance 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Badminton 1 p.m. Pickleball - MH</p>	<p>26</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>27</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 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>28</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Putt-putt \$ 1 p.m. Pinochle 2 p.m. Creative Coloring 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>

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Mon	Tue	Wed	Thu	Fri
<p>Drop-in Activities</p> <p>Open Walking, Monday - Friday, 9 a.m. - 4 p.m.</p> <p>Billiards, Monday - Friday, 9 a.m. - 5 p.m.</p> <p>Computer Lab, Tuesdays - Fridays, 9 a.m. - 5 p.m.</p> <p>Media Center, Monday - Friday, 9 a.m. - 5 p.m.</p> <p>Ping-pong, Monday - Friday, 9 a.m. - 5 p.m.</p>	<p>1</p> <p>9:30 a.m. A Matter of Balance 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Badminton 1 p.m. Pickleball - MH 2:30 p.m. I Have the Basics; What Now? Pickleball Clinic \$</p>	<p>2</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>3</p> <p>9 a.m. Stability Training 9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist 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>4</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Putt-putt \$ 1 p.m. Pinochle 2 p.m. Creative Coloring 2 p.m. Chair Volleyball 3 p.m. Cornhole 3 p.m. Shuffleboard</p>
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