

# November 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><b><u>Drop-in Activities</u></b></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>	<p><b>1</b></p> <p>9:00 a.m. Beginners Ballet \$            10:00 a.m. Cultural Chair Dancing with Health Team Advantage            10 a.m. Temple Theatre Trip            10:30 a.m. Senior Class Chorus            1 p.m. Samba Card Game            1 p.m. Pickleball for Seniors - MH            2 p.m. Active Living Everyday            2:30 Pickleball for Beginners \$ - MH            4 p.m. Knitting &amp; Crochet            5 p.m. Line Dancing            6 p.m. Chair Volleyball            6:30 p.m. Cornhole            6:30 Cheerleading  <b>Senior Games Early Registration            November 1 - January 31            \$10 per person</b></p>	<p><b>2</b></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</p>	<p><b>3</b></p> <p>9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; Crochet            10 a.m. Bid Whist - WTP  <b>11 a.m. Thanksgiving Take-Home Boxed Lunch \$ &amp; Live Entertainment sponsored by Health Team Advantage</b>            11 a.m. Yoga \$ - OV            1 p.m. Art Class II            1 p.m. Triple Play Canasta            1 p.m. Pickleball for Seniors - MH            3 p.m. Pilates Mat \$</p>	<p><b>4</b></p> <p>8:30 a.m. Boot Camp \$            10 a.m. AHOY Exercise            11 a.m. Walk With Ease  <b>1 p.m. Virtual AARP Workshop Series for the Community: Brain Health</b>            1 p.m. Putt-Putt \$            1 p.m. Pinochle            2 p.m. Chair Volleyball</p>
<p><b>7</b></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. Walk With Ease            11 a.m. Yoga \$            1 p.m. Triple Play Canasta            1 p.m. Legal Aid - by appt.            1 p.m. Tablet Class \$            2 p.m. Chair Volleyball            2 p.m. Bowling \$            3:p.m. Streaming Basics \$            6 p.m. Cheerleading Practice - DR</p>	<p><b>8</b></p> <p>9: 00 a.m. Beginners Ballet \$            10:00 a.m. Cultural Chair Dancing with Health Team Advantage            10:30 a.m. Senior Class Chorus            1 p.m. Samba Card Game            1 p.m. Pickleball for Seniors - MH            2 p.m. Active Living Everyday            2:30 Pickleball for Beginners \$-MH            4 p.m. Knitting &amp; Crochet            6 p.m. Chair Volleyball            6:30 p.m.. Cornhole            6:30 p.m. Cheerleading Practice</p>	<p><b>9</b></p> <p>8:30 a.m. Boot Camp \$  <b>9 a.m. Wohlfahrt Theatre Trip, Christmas Show \$</b>            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</p>	<p><b>10</b></p> <p>9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; Crochet            10 a.m. Bid Whist - WTP            11 a.m. Yoga \$  <b>1 p.m. Medicare Simplified by Senior Resources of Guilford, SHIP</b>            1 p.m. Art Class II            1 p.m. Triple Play Canasta            1 p.m. Pickleball for Seniors - MH            1:30 p.m. Mystery Stories &amp; Literary Hour            3 p.m. Pilates Mat \$</p>	<p><b>11</b></p> <p>Senior Center            closed            to observe            Veterans Day</p>
<p><b>14</b></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. Walk With Ease            11 a.m. Yoga \$            1 p.m. Triple Play Canasta            1 p.m. Legal Aid - by appt.            1 p.m. Tablet Class \$            2 p.m. Chair Volleyball            2 p.m. Bowling \$            2 p.m. Bowling \$            3:p.m. Streaming Basics \$            6 p.m. Cheerleading Practice - DR</p>	<p><b>15</b></p> <p><b>9 a.m. Veterans Take-home Breakfast</b>            9: 00 a.m. Beginners Ballet \$            10:00 a.m. Cultural Chair Dancing with Health Team Advantage            10:30 a.m. Senior Class Chorus            1 p.m. Samba Card Game            1 p.m. Pickleball for Seniors - MH            2 p.m. Active Living Everyday            2:30 Pickleball for Beginners \$-MH            4 p.m. Knitting &amp; Crochet            6 p.m. Chair Volleyball            6:30 p.m.. Cornhole            6:30 p.m. Cheerleading Practice</p>	<p><b>16</b></p> <p>8:30 a.m. Boot Camp \$            10 a.m. AHOY Exercise            11 a.m. Walk With Ease  <b>11 a.m. Take home Lunch &amp; Learn in-person education, sponsored by Health Team Advantage: Diabetes Care</b>            1 p.m. Bingo \$            1 p.m. Mahjong            1:30 p.m. Art Class            2 p.m. Chair Volleyball</p>	<p><b>17</b></p> <p>9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; Crochet            10 a.m. Bid Whist - WTP  <b>10:30 a.m. Southern Supreme Fruitcake Company Trip \$</b>            11 a.m. Yoga \$            1 p.m. Art Class II            1 p.m. Triple Play Canasta            1 p.m. Pickleball for Seniors - MH            1:30 p.m. Mystery Stories &amp; Literary Hour</p>	<p><b>18</b></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            2 p.m. Chair Volleyball</p>
<p><b>21 &amp; 28</b></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. Walk With Ease            11 a.m. Yoga \$            1 p.m. Triple Play Canasta            1 p.m. Legal Aid - by appt.            1 p.m. Tablet Class \$ (21)            2 p.m. Chair Volleyball            6 p.m. Cheerleading Practice - DR</p>	<p><b>22 &amp; 29</b></p> <p>9: 00 a.m. Beginners Ballet \$ (22)            10:00 a.m. Cultural Chair Dancing with Health Team Advantage            10:30 a.m. Senior Class Chorus            1 p.m. Samba Card Game            1 p.m. Pickleball for Seniors - MH            2 p.m. Active Living Everyday            2:30 Pickleball for Beginners \$ - MH            4 p.m. Knitting &amp; Crochet            5 p.m. Line Dancing            6 p.m. Chair Volleyball            6:30 p.m.. Cornhole            6:30 p.m. Cheerleading Practice</p>	<p><b>23 &amp; 30</b></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</p>	<p><b>24</b></p> <p>Senior Center            Closed            to observe  <b>Thanksgiving Holiday</b></p>	<p><b>25</b></p> <p>Senior Center            Closed            to observe  <b>Thanksgiving Holiday</b></p>

# December 2022



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Mon	Tue	Wed	Thu	Fri
 <p><b><u>Drop-in Activities</u></b>            Open Walking, Tuesdays,            5:30 - 8 p.m.            Billiards, Tuesdays,            5 - 8 p.m. .            Computer Lab, Tuesdays            5 - 7:45 p.m.            Media Center, Tuesdays            5:30 - 8 p.m.            Ping-Pong, Tuesdays            5:30 - 8 p.m.</p>	<p><b><u>Drop-in Activities</u></b>            Open Walking, Monday -            Friday, 9 a.m. - 4 p.m.            Billiards, Monday -            Friday, 9 a.m. - 5 p.m.            Computer Lab, Tuesday -            Friday, 9 a.m. - 5 p.m.            Media Center, Monday -            Friday, 9 a.m. - 5 p.m.            Ping-Pong, Monday -            Friday, 9 a.m. - 5 p.m.</p>	<p><b><u>Holiday Open House</u></b>            Friday, December 2, 1 - 3 p.m.            Live entertainment will be            provided by            the Rob Massengale Trio.            Refreshments sponsored by            Brookdale Senior Living            Please register at the Senior Center            or call 336.883.3584.</p> 	<p><b>1</b></p> <p>9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; Crochet  <b>10 a.m. Temple Theater Trip</b>            \$            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. Pickleball for Seniors -            MH            1:30 p.m. Listen Up! Mystery            Stories &amp; Literary Hour, read            by NC Reading Service            3 p.m. Pilates Mat \$</p>	<p><b>2</b></p>  <p>8:30 a.m. Boot Camp \$            10 a.m. AHOY Exercise  <b>1 p.m. Holiday Open House</b>            1 p.m. Virtual AARP Workshop            Series: Living Longer, Living            Smarter            1 p.m. Putt-Putt \$            1 p.m. Pinochle            2 p.m. Chair Volleyball</p>
<p><b>5</b></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. Triple Play Canasta            1 p.m. Legal Aid - by appt.            2 p.m. Bowling \$            2 p.m. Chair Volleyball            6 p.m. Cheerleading Practice - DR</p>	<p><b>6</b></p> <p>9 a.m. Beginners Ballet \$            10:30 a.m. Senior Class Chorus            1 p.m. Samba Card Game            1 p.m. Pickleball for Seniors - MH            2 p.m. Active Living Everyday            4 p.m. Knitting &amp; Crochet            5 p.m. Line Dancing            6 p.m. Chair Volleyball            6:30 p.m.. Cornhole</p>	<p><b>7</b></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</p>	<p><b>8</b></p> <p>9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; Crochet            10 a.m. Bid Whist - WTP            11 a.m. Yoga \$ - OV            1 p.m. Art Class II            1 p.m. Triple Play Canasta            1 p.m. Pickleball for Seniors -            MH            1:30 p.m. Mystery Stories &amp;            Literary Hour            3 p.m. Pilates Mat \$</p>	<p><b>9</b></p> <p>8:30 a.m. Boot Camp \$  <b>9 a.m. Wohlfahrt Theatre</b>  <b>Trip, Christmas Show \$</b>            10 a.m. AHOY Exercise            11 a.m. Ladies Lunch \$            1 p.m. Putt-Putt \$            1 p.m. Pinochle            1 p.m. Ladies Lunch \$            2 p.m. Chair Volleyball</p>
<p><b>12</b></p> <p>8:30 a.m. Virtual Morning Exercise            Drills            9:30 a.m. Blood Pressure Checks            10 a.m. AHOY Exercise  <b>10:30 a.m. Southern Supreme</b>  <b>Fruitcake Company Trip \$</b>            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            6 p.m. Cheerleading Practice</p> 	<p><b>13</b></p> <p>9 a.m. Beginners Ballet \$            10:30 a.m. Senior Class Chorus            1 p.m. Samba Card Game            1 p.m. Pickleball for Seniors - MH            2 p.m. Active Living Everyday            2:30 p.m. Pickleball for Beginners \$            - MH            4 p.m. Knitting &amp; Crochet            5 p.m. Line Dancing            6 p.m. Chair Volleyball            6:30 p.m.. Cornhole</p>	<p><b>14</b></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</p>	<p><b>15</b></p> <p>9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; Crochet  <b>10 a.m. Temple Theater Trip</b>            \$            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. Pickleball for Seniors -            MH            1:30 p.m. Mystery Stories &amp;            Literary Hour</p>	<p><b>16</b></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. Chair Volleyball</p>
<p><b>19</b></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. Triple Play Canasta            1 p.m. Legal Aid - by appt.            2 p.m. Bowling \$            2 p.m. Chair Volleyball            6 p.m. Cheerleading Practice - DR</p> <p><b>Hanukkah begins 12/18</b></p> 	<p><b>20</b></p> <p>9 a.m. Beginners Ballet \$            10:30 a.m. Senior Class Chorus            1 p.m. Samba Card Game            1 p.m. Pickleball for Seniors - MH            2:30 p.m. Pickleball for Beginners \$            - MH            4 p.m. Knitting &amp; Crochet            5 p.m. Line Dancing            6 p.m. Chair Volleyball            6:30 p.m.. Cornhole</p>	<p><b>21</b></p> <p>8:30 a.m. Boot Camp \$            10 a.m. AHOY Exercise            11 a.m. <b>Take-home Lunch and</b>  <b>Learn with in-person</b>  <b>education, sponsored by</b>  <b>HealthTeam Advantage:</b>            Controlling Blood Pressure and            Osteoporosis            1 p.m. Bingo \$            1 p.m. Mahjong            1:30 p.m. Art Class            2 p.m. Chair Volleyball</p>	<p><b>22</b></p> <p>9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; 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. Pickleball for Seniors -            MH            1:30 p.m. Mystery Stories &amp;            Literary Hour</p>	 <p><b>Senior Center</b>  <b>Closed</b>  <b>to observe</b>  <b>Christmas Holiday</b></p>
 <p><b>Senior Center</b>  <b>Closed</b>  <b>to observe</b>  <b>Christmas Holiday</b></p>	<p><b>27</b></p> <p>9 a.m. Beginners Ballet \$            10:30 a.m. Senior Class Chorus            1 p.m. Samba Card Game            1 p.m. Pickleball for Seniors - MH            2:30 p.m. Pickleball for Beginners \$            - MH            4 p.m. Knitting &amp; Crochet            5 p.m. Line Dancing            6 p.m. Chair Volleyball            6:30 p.m.. Cornhole</p>	<p><b>28</b></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</p>	<p><b>29</b></p> <p>9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; 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. Pickleball for Seniors -            MH            1:30 p.m. Listen Up! Mystery            Stories &amp; Literary Hour</p>	<p><b>30</b></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. Chair Volleyball</p> 
				<p><b>31</b>  <b>New Year's holidays</b></p> 