









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

# November 2021



**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>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. Walk With Ease            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            3 p.m. Shuffleboard</p>	<p><i>2</i></p> <p>1 p.m. Samba Card Game            1 p.m. Badminton            1 p.m. Pickleball - MH</p> 	<p><i>3</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><i>4</i></p> <p>9 a.m. Stability Training            9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; 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><i>5</i></p> <p>8:30 a.m. Boot Camp  <b>9 a.m. Veterans' Take-home Breakfast</b>            10 a.m. AHOY Exercise            11 a.m. Walk With Ease            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><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. Walk With Ease            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><i>9</i></p> <p>1 p.m. Samba Card Game            1 p.m. Badminton            1 p.m. Pickleball - MH</p>	<p><i>10</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><i>11</i></p> <p><i>Senior Center closed to observe Veterans Day</i></p> 	<p><i>12</i></p> <p>8:30 a.m. Boot Camp            10 a.m. AHOY Exercise  <b>11 a.m. Thanksgiving Take-home Lunch \$</b>            11 a.m. Walk With Ease            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><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. 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            3 p.m. Shuffleboard</p>	<p><i>16</i></p> <p>1 p.m. Samba Card Game            1 p.m. Badminton            1 p.m. Pickleball - MH</p>	<p><i>17</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><i>18</i></p> <p>9 a.m. Stability Training            9:15 a.m. Social Bridge            9:30 a.m. Knitting &amp; 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><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            2 p.m. Creative Coloring            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. 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            3 p.m. Shuffleboard</p> 	<p><i>23</i></p> <p><b>10 a.m. Senior Center Virtual Tour</b>            1 p.m. Samba Card Game            1 p.m. Badminton            1 p.m. Pickleball - MH</p>	<p><i>24</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><i>25</i></p> <p><i>Senior Center closed to observe Thanksgiving holidays</i></p> 	<p><i>26</i></p> <p><i>Senior Center closed to observe Thanksgiving holidays</i></p> 
<p><i>28/29</i></p> <p><b>Hanukkah begins 12/28</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. 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><i>30</i></p> <p><b>9:00 a.m. Wohlfahrt Haus Dinner Theatre Trip \$</b>  <b>9:30 a.m. Virtual Music Therapy</b>            1 p.m. Samba Card Game            1 p.m. Badminton            1 p.m. Pickleball - MH</p> 	<p><b>Veterans' Take-home Breakfast</b>  <b>Friday, Nov. 5</b>  <b>9 - 10 a.m.</b>  <b>Register at the Senior Center, or call 336.883.3584 for more information.</b></p>	<p><b>Thanksgiving Take-home Lunch</b>  <b>Friday, Nov. 12</b>  <b>11 a.m. - noon</b>  <b>Register at the Senior Center, or call 336.883.3584 for more information.</b></p>	<p><b>Drop-in Activities</b></p> <p>Billiards, Monday - Friday, 9 a.m. - 5 p.m.            Ping-pong, Monday - Friday, 9 a.m. - 5 p.m.            Computer Lab, Tuesdays - Fridays, 9 a.m. - 5 p.m.            Media Center, Monday - Friday, 9 a.m. - 5 p.m.            Open Walking, Monday - Friday, 9 a.m. 4 p.m.</p>

# December 2021



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<p><b>Drop-in Activities</b></p> <p>Billiards, Monday - Friday, 9 a.m. - 5 p.m.</p> <p>Ping-pong, 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>Open Walking, Monday - Friday, 9 a.m. - 4 p.m.</p> 	<p><b>Holiday Open House</b></p> <p><b>Live Entertainment by Rob Massengale Trio!</b></p> <p><b>Friday, Dec. 3</b></p> <p><b>1 - 3 p.m.</b></p> <p><b>Register at the Senior Center, or call 336.883.3584 for more information.</b></p>	<p><b>1</b></p> <p>8:30 a.m. Boot Camp          10 a.m. AHOY          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><b>2</b></p> <p>9 a.m. Stability Training          9:15 a.m. Social Bridge          9:30 a.m. Knitting &amp; 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><b>3</b></p> <p>8:30 a.m. Boot Camp          10 a.m. AHOY          11 a.m. Walk With Ease  <b>1 p.m. Holiday Open House</b>  <b>1 p.m. Virtual Holiday Open House</b>          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><b>6</b></p> <p>8:30 a.m. Virtual Morning Exercise Drills          9:30 a.m. Blood Pressure Checks          11 a.m. Walk With Ease          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          3 p.m. Shuffleboard</p> <p><b>Hanukkah ends</b></p> 	<p><b>7</b></p> <p><b>9 a.m. Southpoint Mall Trip</b>          1 p.m. Samba Card Game          1 p.m. Badminton          1 p.m. Pickleball - MH          2 p.m. Active Living Every Day</p>	<p><b>8</b></p> <p>8:30 a.m. Boot Camp          10 a.m. AHOY          11 a.m. Walk With Ease          1 p.m. Bingo, sponsored by Adams Farm Living and Rehabilitation          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><b>9</b></p> <p>9 a.m. Stability Training          9:15 a.m. Social Bridge          9:30 a.m. Knitting &amp; 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><b>10</b></p> <p>8:30 a.m. Boot Camp          10 a.m. AHOY          11 a.m. Walk With Ease          1 p.m. Putt-putt \$          1 p.m. Pinochle          2 p.m. Creative Coloring          3 p.m. Cornhole          3 p.m. Shuffleboard</p>
<p><b>13</b></p> <p>8:30 a.m. Virtual Morning Exercise Drills          9:30 a.m. Blood Pressure Checks          11 a.m. Walk With Ease          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          3 p.m. Shuffleboard</p>	<p><b>14</b></p> <p>1 p.m. Samba Card Game          1 p.m. Badminton          1 p.m. Pickleball - MH          2 p.m. Active Living Every Day</p>	<p><b>15</b></p> <p>8:30 a.m. Boot Camp  <b>9:45 Supreme Fruit Cake Trip \$</b>          10 a.m. AHOY          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><b>16</b></p> <p>9 a.m. Stability Training          9:15 a.m. Social Bridge          9:30 a.m. Knitting &amp; Crochet          10 a.m. Bid Whist  <b>10:30 a.m. Take-home Lunch and Learn with Virtual Education</b>          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><b>17</b></p> <p>8:30 a.m. Boot Camp          10 a.m. AHOY          1 p.m. Putt-putt \$          1 p.m. Pinochle          2 p.m. Creative Coloring          3 p.m. Cornhole          3 p.m. Shuffleboard</p>
<p><b>20 &amp; 27</b></p> <p>8:30 a.m. Virtual Morning Exercise Drills          9:30 a.m. Blood Pressure Checks          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          3 p.m. Shuffleboard</p>  <p>Senior Center          closed Dec. 27          to observe Christmas holiday</p>	<p><b>21 &amp; 28</b></p> <p>10:30 a.m. Senior Class          1 p.m. Samba Card Game          1 p.m. Badminton          1 p.m. Pickleball - MH          2 p.m. Active Living Every Day (Sept. 21 only)</p>	<p><b>22 &amp; 29</b></p> <p>8:30 a.m. Boot Camp          10 a.m. AHOY          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          2 p.m. Chair Volleyball          3 p.m. Cornhole          3 p.m. Shuffleboard</p>	<p><b>23 &amp; 30</b></p> <p>9 a.m. Stability Training          9:15 a.m. Social Bridge          9:30 a.m. Knitting &amp; 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><b>24 &amp; 31</b></p>  <p>Senior Center          closed          to observe          Christmas          and          New Year's holidays</p> 