






Activities for January 2018-Morning Activities

January is promoting healthy aging month!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|--|--|--|---|--|---|---|
| | 1 New Year's Day- Senior Center Closed | 2 9:30-Walking Club 10:00-Tai Chi-Class 17 11:00-Educational Jingo 11:00-Blood Pressure ✓ | 3 10:00-Bingo 11:00-Devotional | 4 9:30-Walking Club 10:00-Walking Club Meeting 11:00-Pool Match | 5 10:00-Arts & Crafts 10:00-TOPS Support Group 10:00-12:00-Movie Morning-Pop Corn/Drink | 6 |
| 7 | 8 10:00-Chair Exercise 11:00-Jewelry Making 11:45-Show & Tell | 9 9:30-Walking Club 10:00-Tai Chi-Class 18 11:00-Educational Jingo | 10 Ensure Pickup Day for Enrolled Clients ONLY 10:00-Bingo 11:00-Devotional | 11 9:30-Walking Club 11:00-Pool Match 11:00-Workshop on Managing Depression- Signs, Causes, Managing | 12 10:00-Arts & Crafts 10:00-TOPS Support Group 10:00-12:00-Movie Morning-Pop Corn/Drink | 13  |
| 14 | 15 Senior Center Closed in Honor of Martin Luther King Day | 16 9:30-Walking Club 10:00-Aging Planning Committee Meeting 11:00-Educational Jingo | 17 10:00-Bingo 11:00-Devotional | 18 9:30-Walking Club 10:30-Medicine Ball Workout 11:00-Pool Match | 19 10:00-Arts & Crafts 10:00-TOPS Support Group 10:00-12:00-Movie Morning-Pop Corn/Drink 11:00-Picasso Health Education | 20 |
| 21  | 22 10:00-Chair Exercise 11:00-Jewelry Making 11:45-Show & Tell | 23 9:30-Walking Club 10:00-Tai Chi-Class 19 11:00-Educational Jingo | 24 10:00-Bingo 11:00-Devotional | 25 9:30-Walking Club 10:45-Better Food Better Health- Cooperative Extension 11:00-Pool Match | 26 <i>9:30-Walking Club Winter Day Trip-Raleigh</i> 10:00-Arts & Crafts 10:00-TOPS Support Group 10:00-12:00-Movie Morning-Pop Corn/Drink | 27 |
| 28 | 29 10:00-Arthritis Foundation Exercise- Registration Pre-Class | 30 9:30-Walking Club 10:00-Tai Chi-Class 20- last Class-Post Surveys 11:00-Educational Jingo | 31 10:00-Bingo 11:00-Devotional | Walk In Activities: Puzzles, Cards, Board Games, Pool Table, Books, Exercise Equipment, Wii, Tablets, Newspapers, Word Search. Copy of Current Budget available for view in Office | Suggestion Box located outside Office Door. * Activities are subject to change. Activities, Menu, Online Newsletter at www.greencountync.gov Click on Departments, then Senior Services. |  |



Activities for January 2018-Afternoon Activities



Promoting the Health, Well-Being, and Quality of Life for ALL Senior Citizens!

Activities, Menu, & Online Newsletter at www.greencountync.gov-Click on Departments, then Senior Services

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|---|--|---|---|---|---|--|
|  1 New Year's Day- Senior Center Closed | 2 1:00-Crochet Class 2:00-Exercise Orientation for New Members | 3 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild | 4 1:00-Comfort Mats 1:30-Bridge Club 3:30-Tai Chi | 5 *Recreation room closes at 3:00 Fridays | 6  | |
| 7 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class | 8 1:00-Crochet Class 2:00-Exercise Orientation for New Members | 9 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild | 10 1:00-Comfort Mats 1:30-Bridge Club 3:30-Tai Chi | 11 *Recreation room closes at 3:00 Fridays | 12 *Recreation room closes at 3:00 Fridays | 13 |
| 14  Senior Center Closed in Honor of Martin Luther King Day | 15 1:00-Crochet Class 2:00-Exercise Orientation for New Members | 16 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild 3:30-Senior Center Advisory Board Meeting | 17 1:00-Comfort Mats 1:30-Bridge Club 3:30-Tai Chi | 18 *Recreation room closes at 3:00 Fridays | 19 *Recreation room closes at 3:00 Fridays | 20  |
| 21 1:00-Wreath Class 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line | 22 1:00-Crochet Class 2:00-Exercise Orientation for New Members | 23 1:00-Touch Screen Tablet & Lab Top Computer Class 1:30-Needleworkers Guild | 24 1:00-Comfort Mats 1:30-Bridge Club 3:30-Tai Chi | 25 12:00-Family Caregiver Support Group Meeting *Recreation room closes at 3:00 Fridays | 26 *Recreation room closes at 3:00 Fridays | 27 |
| 28  1:00-Wreath Class 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class | 29 1:00-Crochet Class 2:00-Exercise Orientation for New Members | 30 1:00-Touch Screen Tablet & Lab Top Computer Class 1:30-Needleworkers Guild | 31 Free Information Service on just about everything DIAL  Help starts here. | A Partner of  LENOIR/GREENE Greene County Senior Center & Services  Find us on: facebook. |  | |