

10:00 MATTER OF BALANCE 10- 12:00 TAI CHI 11:00 AF BEGINNERS TAI CHI 12:15 BRIDGE GROUP B 1:00 WOMENS' BILLIARDS 2:00 INTRO TO COMPUTERS-MCC 5:30-8:30 PM	10:00 WRITING SENIOR MEMORIES 10:30 BEGINNERS TABLE TENNIS 1:00 CANASTA 1:00 NIGHT BRIDGE 6 PM	1:30 MAH JONGG 9:30- 12:30 SR GAMES COM. MTG. (Statesville) 10:00 YOGA 10- 11:00 MATTER OF BALANCE 10-12:00 BLOOD PRESSURE CHECKS 10- 12:00 OPEN LINE DANCING 1:00 READERS THEATRE 1- 3:00 EMBROIDERY/NEEDLEWORK 1- 4:00 MEXICAN TRAIN 1:30- 5:00 INTRO TO COMPUTERS - MCC 5:30-8:30 PM	12:00 BRIDGE GROUP A 1:00 BRIDGE GROUP B 1:00 CROCHET, KNITTING & CRAFTS 1- 3:00 ASK A PT – BALANCE PROBLEMS & SCREENING 1- 4:00 TABLE TENNIS 7 PM	SAFE INVESTMENTS IN A VOLATILE MARKET – Luncheon RSVP 11- 12:00 READERS THEATRE 1- 3:00 MIXED TABLE TENNIS 2:00	19 INTRO TO COMPUTERS 9-12 @ MCC
20 WATER EXERCISE 8:15- 1:15 ADVISORY COUNCIL MTG. 9:30 SEW 'N SEWS 10- 3:00 BRIDGE GROUP A 10:00 CROCHET 10:00 MATTER OF BALANCE 10- 12:00 TAI CHI 11:00 AF BEGINNERS TAI CHI 12:15 SINGLE SENIORS 12- 2:00 BRIDGE GROUP B 1:00 WOMENS' BILLIARDS 2:00 INTRO TO COMPUTERS-MCC 5:30-8:30 PM	21 MEN'S BILLIARDS 9- 11:00 NURSING HOME & ASSISTIVE LIVING COUNSELING 9:00 WATER EXERCISE 9:15 - 12:15 SIT & FIT CHAIR EXERCISE 10:00 LONG TERM CARE COUNSELING 10:00 WRITING SENIOR MEMORIES 10:30 BEGINNER'S TABLE TENNIS 1:00 CANASTA 1:00 BIRTHDAY BINGO BASH 1:30 MEN'S CARDS 2:00 NIGHT BRIDGE 6 PM	22 WATER EXERCISE 8:15- 1:15 ART 9- 12:00 CARDS N' CHAT 9- 1:30 MAH JONGG 9:30- 12:30 YOGA 10- 11:00 MATTER OF BALANCE 10- 12:00 OPEN LINE DANCING 1:00 READERS THEATRE 1- 3:00 EMBROIDERY/NEEDLEWORK 1- 4:00 MEXICAN TRAIN 1:30-5:00 INTRO TO COMPUTERS - MCC 5:30-8:30 PM	23 CANASTA 9:00 WATER EXERCISE 9:15- 12:15 SIT & FIT CHAIR EXERCISE 10:00 FALL PREVENTION – Education, Fall Assessment, Medication Review, & Light Breakfast 10:00 BRIDGE GROUP A 1:00 BRIDGE GROUP B 1:00 CROCHET, KNITTING & CRAFTS 1- 3:00 TABLE TENNIS 7 PM	24 WATER EXERCISE 8:15- 11:15 WOODCARVING 9:00 RUMMI KUB 10- 12:00 STROKE RECOVERY WORKSHOP – Luncheon RSVP 11:30- 12:30 READERS THEATRE 1- 3:00 MIXED TABLE TENNIS 2:00	25 INTRO TO COMPUTERS 9-12 @ MCC
27 WATER EXERCISE 8:15- 1:15 QUILTERS' WORKSHOP 9:30- 4:00 BRIDGE GROUP A 10:00 CROCHET 10:00 NUTRITION & CHOLESTEROL ED & BLOOD PRESSURE CHECKS 10- 12:00 MATTER OF BALANCE 10- 12:00 TAI CHI 11:00 AF BEGINNERS TAI CHI	28 MEN'S BILLIARDS 9- 11:00 WATER EXERCISE 9:15 - 12:15 SIT & FIT CHAIR EXERCISE 10:00 WRITING SENIOR MEMORIES 10:30 BEGINNER'S TABLE TENNIS 1:00 CANASTA 1:00 BLOOD PRESSURE CHECKS 1- 2:00 BOOK DISCUSSION GROUP 1- 3:00	29 WATER EXERCISE 8:15- 1:15 ART 9- 12:00 CARDS N' CHAT 9- 1:30 MAH JONGG 9:30- 12:30 YOGA 10- 11:00 MATTER OF BALANCE 10- 12:00 DIABETES MANAGEMENT - WHAT WOMEN SHOULD KNOW - Luncheon RSVP 12:30- 1:30 OPEN LINE DANCING	30 CANASTA 9:00 WATER EXERCISE 9:15- 12:15 SIT & FIT CHAIR EXERCISE 10:00 BIBLE STUDY 10- 12:00 REVERSE MORTGAGE – Luncheon RSPV 11- 12:00 BRIDGE GROUP A 1:00 BRIDGE GROUP B 1:00 CROCHET, KNITTING & CRAFTS 1- 3:00	Open Events M-F 8 a.m. - 5 p.m. Billiards, Library, Puzzles/Board Games, Exercise Equipment, Tours, Indoor Walking, Lounge, Cards, Coupon Center, Scrap Booking, Table Tennis, Shuffleboard, Silver Striders, Computers, Art, Craft Sales, & Weighing Scales. Assistive devices are available through the Senior Center's loan closet at not charge. See SISC staff for details.	An orientation & signed waiver is required to use the Center's exercise/fitness equipment.

12:15 DIABETES SUPPORT GROUP 12:00 BRIDGE GROUP B 1:00 WOMENS' BILLIARDS 2:00 INTRO TO COMPUTERS-MCC 5:30-8:30 PM	AARP CHAPTER - LUNCHEON AT CAPTAIN'S GALLEY 12:00 NIGHT BRIDGE 6 PM	1:00 READERS THEATRE 1- 3:00 EMBROIDERY/NEEDLEWORK 1- 4:00 MEXICAN TRAIN 1:30-5:00 INTRO TO COMPUTERS - MCC 5:30-8:30 PM	TABLE TENNIS 7 PM		
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