





Senior Program Calendar Classes and Events February 2012

**OFF SITE
ACTIVITIES**

SEE LOCATION CODES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>COMPUTER CLASS LOCATION CODES:</p> <ul style="list-style-type: none"> * CL - Central Library, 660 W. 5th Street, W-S * CSL - Carver School Road Library, 4915 Lansing Dr. * LL - Lewisville Library, 6490 Shallowford Rd., Lewisville * CLM - Clemmons Library, 3554 Clemmons Road, Clemmons | | <p>1</p> <p>10:00 am Game Day- LC 10-12pm I on I Comp. - CLM 3:00 pm W W Ex-AA *</p> | <p>2</p> <p>10:00 am Sittercise- LC 12:30 pm Chair Tai Chi-AA * 1:00 pm Free Tai Chi- SUMC 2:00 pm W W Ex-ST * 3:00 pm 50+ Fit- FCC 3:30 pm Tai Chi- CVA</p> | <p>3</p> <p>10:00 am Morning Movie- LC 11:00 am W W Ex-AA *</p> |
| <p>6</p> <p>10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST * 3:00 pm W W Ex-AA * 6:30pm Free Yoga PHBC</p> | <p>7</p> <p>10:30 am Comp/Word-LL 2:00 pm W W Ex-ST *</p> | <p>8</p> <p>10:00 am Game Day- LC 10-12pm I on I Comp. - CLM 3:00 pm W W Ex-AA *</p> | <p>9</p> <p>10:00 am Sittercise- LC 10:30 am Computer/Word-LL 12:30 pm Chair Tai Chi-AA * 1:00 pm Free Tai Chi- SUMC 2:00 pm W W Ex-ST * 3:00 pm 50+ Fit- FCC 3:30 pm Tai Chi- CVA</p> | <p>10</p> <p>10:00 am Morning Movie- LC 11:00 am W W Ex-AA *</p> |
| <p>13</p> <p>10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST * 1:00 pm W W Ex-ST * 1:00 pm Adv Comp- CL 6:30pm Free Yoga-PHBC</p> | <p>14</p>  <p>1:00 pm-3:00 pm Adv/Begin Computers-CSL 2:00 pm W W Ex-ST *</p> | <p>15</p> <p>10:00 am Game Day- LC 10-12pm I on I Comp. - CLM 1:00 pm Adv Comp- CL 3:00 pm W W Ex-ST *</p> | <p>16</p> <p>10:00 am Sittercise- LC 12:30 pm Chair Tai Chi-AA * 1:00 pm Free Tai Chi- SUMC 1:00 pm-3:00 pm Adv/Begin Computers-CSL 2:00 pm W W Ex-ST * 3:00 pm 50+ Fit- FCC 3:30 pm Tai Chi- CVA</p> | <p>17</p> <p>10:00 am Morning Movie- LC 11:00 am W W Ex-ST * 1:00 pm Adv Comp- CL</p> |
| <p>20 Closed For Presidents Day</p>  | <p>21</p> <p>10:30am Excel-LL 1:00 pm Adv/Begin Computers-CSL 2:00 pm W W Ex-ST *</p> | <p>22</p> <p>10:00 am Game Day- LC 10:00 am Computer/Excel-LL 10-12pm I on I Comp. - CLM 1:00 pm Adv Comp- CL 3:00 pm W W Ex-ST *</p> | <p>23</p> <p>10:00 am Sittercise- LC 10:30 am Excel-LL 12:30 pm Chair Tai Chi-AA * 1:00 pm Free Tai Chi- SUMC 2:00 pm W W Ex-ST * 3:00 pm 50+ Fit- FCC 3:30 pm Tai Chi- CVA</p> | <p>24</p> <p>10:00 am Morning Movie- LC 11:00 am W W Ex-ST * 1:00 pm Adv Comp- CL</p> |
| <p>27</p> <p>10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST * 1:00 pm W W Ex-ST * 6:30pm Free Yoga-PHBC</p> | <p>28</p> <p>2:00 pm W W Ex-ST * 6:30pm Off the Shelf- AT</p> | <p>29</p> <p>10:00 am Game Day- LC 10-12pm I on I Comp. - CLM 3:00 pm W W Ex-ST *</p> | <p>CLASS LOCATION CODES:</p> <ul style="list-style-type: none"> * ST - Salemtowne; 1000 Salemtowne Dr., W-S * SUMC - Sunrise United Methodist Church 1111 Lewisville Clemmons Rd, Lville * CVA - Country Village Apts., 201 Parkridge Circle, W-S * FCC - First Christian Church, 2320 Country Club Rd., W-S * AT - Angelina's Teas, 125 S. Stratford Rd., W-S * LC - Ladeara Crest Estates, 2531 Ladeara Crest Lane, W-S * PHBC - Peace Haven Baptist, 3384 York Road, W-S | |

Computer Classes require pre-registration thru Shepherd's Center
Classes are **FREE** unless marked by an *.
Tai Chi fees: \$32 members per 8 sessions / \$40 non-members per 8 sessions
WW Exercises: \$25 per month/ members, \$30 per month/ non-members- unlimited sessions, \$12 per month/ members, \$15 per month/ non-members- 1 session per week



of Greater Winston-Salem

Senior Program Calendar Classes and Events February 2012

**WESTVIEW
CAMPUS
ONLY
1700 Ebert Street**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>Inclement Weather Policy: When the Winston-Salem/Forsyth County Schools are closed the Shepherd's Center is also closed. Please check your radio or television reports for that information.</p> | | <p>1 9:30 am Bridge 12:00 pm Tai Chi * 1:30 pm Fellowship Hour</p> | <p>2 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Reading Plays For Fun 1:00 pm Sew What You Want 3:30 pm Coffeehouse Discussion Group</p> | <p>3 9:30 am Bridge</p> <p style="text-align: center;">"Beginning Jewelry Making" 1-3pm (4 week session)</p> |
| <p>6 10:00 am Bridge 11:00 am Free Yoga 1-2 pm 1on 1 Computer Help 1:30 pm Interm. Bridge 7:00 pm Intergenerational Tai Chi *</p> | <p>7 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Knitting 1-3 pm Joy of Signing 1 3:30 pm Joy of Signing 2 5:30pm Joy of Signing 3</p> | <p>8 9:30 am Bridge 12:00 pm Tai Chi * 1:30 pm Fellowship Hour</p> | <p>9 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Reading Plays For Fun 1:00 pm Sew What You Want 3:30 pm Coffeehouse Discussion Group</p> | <p>10 9:30 am Bridge 1:00pm Jewelry Making for beginners</p> <p style="text-align: center;">"Beginning Jewelry Making" 1-3pm</p> |
| <p>13 10:00 am Bridge 11:00 am Free Yoga 1-2 pm 1on 1 Computer Help 1:30 pm Interm. Bridge 7:00 pm Intergenerational Tai Chi *</p> | <p>14 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Knitting 1-3 pm Joy of Signing 1 3:30 pm Joy of Signing 2 5:30 pm Joy of Signing 3</p> | <p>15 9:30 am Bridge 12:00 pm Tai Chi * 1:30 pm Fellowship Hour 2:00 pm Book Club</p> | <p>16 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am 1on 1 Computer Reading Plays For Fun 1:00 pm Sew What You Want 3:30 pm Coffeehouse Discussion Group</p> | <p>17 9:30 am Bridge 1:00pm Jewelry Making for beginners</p> <p style="text-align: center;">"Beginning Jewelry Making" 1-3pm</p> |
| <p>20 Closed For Presidents Day</p> | <p>21 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Knitting 1-3 pm Joy of Signing 1 3:30 pm Joy of Signing 2 5:30 pm Joy of Signing 3</p> | <p>22 9:30 am Bridge 12:00 pm Tai Chi * 1:30 pm Fellowship Hour</p> | <p>23 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Reading Plays For Fun 1:00 pm Sew What You Want 3:30 pm Coffeehouse Discussion Group</p> | <p>24 9:30 am Bridge 1:00pm Jewelry Making for beginners</p> <p style="text-align: center;">"Beginning Jewelry Making" 1-3pm</p> |
| <p>27 10:00 am Bridge 11:00 am Free Yoga 1-2 pm 1on 1 Computer Help 1:30 pm Interm. Bridge 7:00 pm Intergenerational Tai Chi *</p> | <p>28 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Knitting 1-3 pm Joy of Signing 1 3:30 pm Joy of Signing 2 5:30 pm Joy of Signing 3</p> | <p>29 9:30 am Bridge 12:00 pm Tai Chi * 1:30 pm Fellowship Hour</p> | <p>Computer 1 on1 requires pre-registration through the Shepherd's Center: 748-0217 Classes are FREE unless marked by an *. Tai Chi fees: \$32/ members per 8 sessions \$40/ non-members per 8 sessions</p> | |

February Calendar...On this side are the activities scheduled for the Shepherd's Center site. On the reverse side are the activities scheduled for outside locations. We have added the activity fees for Warm Water Exercise and the Tai Chi that have fees.