



Senior Program Calendar Classes and Events January 2012

**OFF SITE
ACTIVITIES**

SEE LOCATION CODES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 11:00 am W W Ex-AA * 3:00 pm W W Ex-AA *</p> <p>[The Shepherd's Center will be closed for the New Year Holiday]</p>	<p>3 2:00 pm W W Ex-ST *</p>	<p>4 10:00 am Game Day- LC 3:00 pm W W Ex-AA *</p>	<p>5 10:00 am Sittercise- LC 10am-12pm I on I comp help-CLM 12:30 pm Chair Tai Chi-AA * 1:00 pm Free Chair Exercise - FCC 2:00 pm W W Ex-ST * 3:30 pm Tai Chi- CVA</p>	<p>6 10:00 am Morning Movie- LC 11:00 am W W Ex-AA *</p>
<p>9 10:00 am Arts & Crafts- LC 10:00 am Computer/Word-LL 11:00 am W W Ex-ST * 11:30 pm Fellowship PHBC 1:00 pm 50+ Exercise -PHBC 2:00 pm Free "Off the Shelf"- PHBC 3:00 pm W W Ex-AA * 6:30pm Free Yoga PHBC</p>	<p>10 1:00 pm-3:00 pm Beginning Computers-CSL 2:00 pm W W Ex-ST *</p>	<p>11 10:00 am Game Day- LC 10:00 am Computer/Word-LL 3:00 pm W W Ex-AA *</p>	<p>12 10:00 am Sittercise- LC 10am-12pm I on I comp help-CLM 12:30 pm Chair Tai Chi-AA * 1:00 pm-3:00 pm Beginning Computers-CSL 1:00 pm Free Chair Exercise - FCC 2:00 pm W W Ex-ST * 3:30 pm Tai Chi- CVA</p>	<p>13 10:00 am Morning Movie- LC 11:00 am W W Ex-AA *</p>
<p>16 10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST * 11:30 pm Fellowship PHBC 1:00 pm 50+ Exercise - PHBC 2:00 pm Free "Off the Shelf"- PHBC 3:00 pm W W Ex-AA * 6:30pm Free Yoga-PHBC</p> <p>[The Shepherd's Center will be closed for the MLK Jr. Holiday]</p>	<p>17 1:00 pm-3:00 pm Beginning Computers-CSL 2:00 pm W W Ex-ST *</p>	<p>18 10:00 am Game Day- LC 3:00 pm W W Ex-AA *</p>	<p>19 10:00 am Sittercise- LC 10am-12pm I on I comp help-CLM 12:30 pm Chair Tai Chi-AA * 1:00 pm-3:00 pm Free Chair Exercise - FCC 1:00 pm-3:00 pm Beginning Computers-CSL 2:00 pm W W Ex-ST * 3:30 pm Tai Chi- CVA</p>	<p>20 10:00 am Morning Movie- LC 11:00 am W W Ex-AA * 1:00 pm Computer-CL</p>
<p>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</p>				
<p>23 10:00 am Arts & Crafts- LC 10:00 am Computer/Excel-LL 11:00 am W W Ex-ST * 11:30 pm Fellowship PHBC 1:00 pm 50+ Exercise - PHBC 1:00 pm-3:00 pm Beginning Computers-CL 2:00 pm Free "Off the Shelf"- PHBC 3:00 pm W W Ex-AA * 6:30pm Free Yoga-PHBC</p>	<p>24 2:00 pm W W Ex-ST *</p>	<p>25 10:00 am Game Day- LC 10:00 am Computer/Excel-LL 1:00 pm-3:00 pm Beginning Computers-CL 3:00 pm W W Ex-AA *</p>	<p>26 10:00 am Sittercise- LC 10am-12pm I on I comp help-CLM 12:30 pm Chair Tai Chi-AA * 1:00 pm Free Chair Exercise - FCC 2:00 pm W W Ex-ST * 2:00 pm Computer/Word-CL 3:30 pm Tai Chi- CVA</p>	<p>27 10:00 am Morning Movie- LC 11:00 am W W Ex-AA * 1:00 pm-3:00 pm Beginning Computers-CL</p>
<p>30 10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST * 11:30 pm Fellowship PHBC 1:00 pm 50+ Exercise - PHBC 1:00 pm-3:00 pm Beginning Computers-CL 2:00 pm Free "Off the Shelf"- PHBC 3:00 pm W W Ex-AA * 6:30pm Free Yoga-PHBC</p>	<p>31 2:00 pm W W Ex-ST * 6:30pm Off the Shelf- AT</p>			

- LOCATION CODES:**
- * AA - Arbor Acres; 1240 Arbor Road, W-S
 - * ST - Salemtowne; 1000 Salemtowne Dr., W-S
 - * 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
 - * 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



of Greater Winston-Salem

Senior Program Calendar Classes and Events January 2012

**WESTVIEW
CAMPUS
ONLY**
1700 Ebert Street

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 The Shepherd's Center will be closed for the New Year Holiday</p>	<p>3 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Knitting</p>	<p>4 9:30 am Bridge 12:00 pm Tai Chi * 1:30 pm Fellowship Hour</p>	<p>5 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am 1on 1 Computer 3:30 pm Coffeehouse Discussion Group</p>	<p>6 9:30 am Bridge</p>
<p>9 10:00 am Bridge 11:00 am Free Yoga 1:30 pm Interm. Bridge 7:00 pm Intg. Tai Chi *</p>	<p>10 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Knitting "Joy of Signing" (6 wks; \$50/adults; \$10/under 16 to sign up) 3:30-5:30 & 5:30-7:30 pm</p>	<p>11 9:30 am Bridge 10am-12pm 1 on 1 comp help 12:00 pm Tai Chi * 1:30 pm Fellowship Hour</p>	<p>12 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am 1on 1 Computer 3:30 pm Coffeehouse Discussion Group "Reading Plays for Fun" (6 wks; \$60 to sign up) 1-3pm</p>	<p>13 9:30 am Bridge "Basic Sewing" (3 wks; \$40 to sign up) 1-3:30 pm</p>
<p>16 The Shepherd's Center will be closed for the MLK Jr. Holiday</p>	<p>17 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Knitting 3:30 pm Joy of Signing 5:30 pm Joy of Signing</p>	<p>18 9:30 am Bridge 10am-12pm 1 on 1 comp help 12:00 pm Tai Chi * 1:30 pm Fellowship Hour 2:00 pm Book Club</p>	<p>19 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am 1on 1 Computer 1:00 pm Reading Plays 3:30 pm Coffeehouse Discussion Group</p>	<p>20 9:30 am Bridge 1:00 pm Basic Sewing</p>
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<p>30 10:00 am Bridge 11:00 am Free Yoga 1:30 pm Interm. Bridge 7:00 pm Intg. Tai Chi *</p>	<p>31 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 1:00 pm Knitting 3:30 pm Joy of Signing 5:30 pm Joy of Signing</p>	<p>Computer 1on1 require pre-registration thru Shepherd's Center Classes are FREE unless marked by an *.</p> <p>Tai Chi fees: \$32/ members per 8 sessions \$40/ non-members per 8 sessions</p> <p>WW Exercises: \$25 per month/ members - unlimited sessions \$30 per month/ non-members- unlimited sessions \$12 per month/ members - 1 session per week \$15 per month/ non-mers- 1 session per week</p>		

January 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 some Tai Chi that have fees. We have also added the times and locations for the Computer Classes.

For more info on any of these programs please call Susan at the Shepherd's Center @ 748-0217.