





Senior Program Calendar Classes and Events November 2011

*Scheduled activities
are subject to change.
Please call before you
attend a class for the first
time.*

Classes in **BOLD** print are in
off-site locations.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Computer Lab-LC 1:00 pm Knitting 2:00 pm W W Ex-ST	2 9:30 am Bridge 10:00 am Game Day- LC 12:00 pm Tai Chi 1:30 pm Fellowship Hour 3:00 pm W W Ex-AA	3 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Sittercise- LC 12:30 pm Chair Tai Chi-AA 2:00 pm W W Ex-ST 3:00 pm Sittercize- CVA 3:30 pm Coffeehouse Discussion Group	4 9:30 am Bridge 10:00am Morning Movie- LC 11:00 am W W Ex-AA
7 10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST 11:00 am Free Yoga 12:00 pm Game Day-PHBC 3:00 pm W W Ex-AA 6:30 pm Intergenerational Free Yoga- PHBC 7:00 pm Intergenerational Tai Chi	8 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Computer Lab-LC 1:00 pm Knitting 2:00 pm W W Ex-ST	9 9:30 am Bridge 10:00 am Game Day- LC 12:00 pm Tai Chi 1:30 pm Fellowship Hour 3:00 pm W W Ex-AA	10 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Sittercise- LC 12:30 pm Chair Tai Chi-AA 2:00 pm W W Ex-ST 3:00 pm Sittercize- CVA 3:30 pm Coffeehouse Discussion Group	11 <i>The Shepherd's Center will be closed today in observance of</i> 
14 10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST 11:00 am Free Yoga 12:00 pm Game Day-PHBC 3:00 pm W W Ex-AA 6:30 pm Intergenerational Free Yoga- PHBC 7:00 pm Intergenerational Tai Chi	15 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Computer Lab-LC 1:00 pm Knitting 2:00 pm W W Ex-ST <p style="text-align: center;">National Memory Screening Day at Homestead Hills 462-5452</p>	16 9:30 am Bridge 10:00 am Game Day- LC 12:00 pm Tai Chi 1:30 pm Fellowship Hour 3:00 pm W W Ex-AA	17 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Sittercise- LC 12:30 pm Chair Tai Chi-AA 2:00 pm W W Ex-ST 3:00 pm Sittercize- CVA 3:30 pm Coffeehouse Discussion Group	18 9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA <div style="border: 1px solid black; padding: 5px; text-align: center;"> AARP Driver Safety 10am-2:30pm 748-0217 </div>
21 10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST 11:00 am Free Yoga 12:00 pm Game Day-PHBC 3:00 pm W W Ex-AA 6:30 pm Intergenerational Free Yoga- PHBC 7:00 pm Intergenerational Tai Chi	22 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Computer Lab-LC 1:00 pm Knitting 2:00 pm W W Ex-ST	23 9:30 am Bridge 10:00 am Game Day- LC 12:00 pm Tai Chi 1:30 pm Fellowship Hour 2:00 pm Book Club 3:00 pm W W Ex-AA	24 <i>The Shepherd's Center will be closed today and tomorrow for the Thanksgiving Holiday</i> 	25
28 10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST 11:00 am Free Yoga 12:00 pm Game Day-PHBC 3:00 pm W W Ex-AA 6:30 pm Intergenerational Free Yoga- PHBC 7:00 pm Intergenerational Tai Chi	29 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Computer Lab-LC 1:00 pm Knitting 2:00 pm W W Ex-ST <p style="text-align: center;">Lunch & Learn <i>An Age for Justice: Confronting Elder Abuse in America</i> 788-5900</p>	30 9:30 am Bridge 10:00 am Game Day- LC 12:00 pm Tai Chi 1:30 pm Fellowship Hour 3:00 pm W W Ex-AA	LOCATION CODES: <ul style="list-style-type: none"> • AA - Arbor Acres; 1240 Arbor Road, W/S • CVA- Country Village Apt.; 201 Parkridge Circle, W/S • FCC- First Christian Church, 2320 Country Club Rd. • FUCC-First United Church of Christ,1912 Waightown St. • LC- Ladeara Crest Estates; 2531 Ladeara Crest Lane, W/S • PHBC -Peace Haven Baptist; 3384 York Road, W/S • ST-Salemtowne; 5101 Indiana Avenue, W/S 	




of Greater Winston-Salem

Senior Program Calendar Classes and Events December 2011

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Monday	Tuesday	Wednesday	Thursday	Friday
LOCATION CODES: <ul style="list-style-type: none"> • AA - Arbor Acres; 1240 Arbor Road, W/S • CVA– Country Village Apt.; 201 Parkridge Circle, W/S • LC– Ladeara Crest Estates; 2531 Ladeara Crest Lane, W/S • PHBC -Peace Haven Baptist; 3384 York Road, W/S • ST-Salemtowne; 5101 Indiana Avenue, W/S • SUMC– Sunrise United Methodist Church; 1111 Lewisville-Clemmons Road, W/S 			1 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Sittercise– LC 12:30 pm Chair Tai Chi-AA 12:45 pm Free Yoga– SUMC 2:00 pm W W Ex-ST 3:30 pm Tai Chi– CVA 3:30 pm Coffeehouse Discussion Group	2 9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA
5 10:00 am Bridge 10:00 am Arts & Crafts– LC 11:00 am Free Yoga 11:00 am W W Ex-ST 11:30 pm Fellowship PHBC 1:00 pm Free Chair Exercise – PHBC 2:00 pm Free “Off the Shelf”– PHBC 3:00 pm W W Ex-AA 6:30pm Intg. Yoga PHBC 7:00 pm Intg. Tai Chi	6 9:00 am Book Center 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Computer Lab–LC 1:00 pm Knitting 2:00 pm W W Ex-ST	7 9:30 am Bridge 10:00 am Game Day– LC 12:00 pm Tai Chi 1:30 pm Fellowship Hour 3:00 pm W W Ex-AA	8 9:15 am Free Tai Chi 9:30 am Bridge 10:00 am Sittercise– LC 12:30 pm Chair Tai Chi-AA 12:45 pm Free Yoga– SUMC 2:00 pm W W Ex-ST 3:30 pm Tai Chi– CVA 3:30 pm Coffeehouse Discussion Group	9 9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA
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