

Senior Program Calendar Classes and Events September 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
<p>LOCATION CODES:</p> <ul style="list-style-type: none"> • AA - Arbor Acres; 1240 Arbor Road, W/S • CVA - Country Village Apt.; 201 Parkridge Circle, W/S • LC - Ladera Crest Estates; 2531 Ladera 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 			<p>1</p> <p>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 3:30 pm Coffeehouse Discussion Group</p>	<p>2</p> <p>9:30 am Bridge 11:00 am W W Ex-AA</p>
<p>5</p> <p>The Shepherd's Center will be closed for ...</p>  <p>LABOR DAY</p>	<p>6</p> <p>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>	<p>7</p> <p>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</p>	<p>8</p> <p>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 Free Yoga- SUMC 3:00 pm Sittercize- CVA 3:30 pm Coffeehouse Discussion Group</p>	<p>9</p> <p>9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA</p>
<p>12</p> <p>10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am W W Ex-ST 12:00 pm Game Day-PHBC 3:00 pm W W Ex-AA 7:00 pm Intergenerational Tai Chi</p>	<p>13</p> <p>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>	<p>14</p> <p>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</p>	<p>15</p> <p>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</p>	<p>16</p> <p>9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA</p>
<p>19</p> <p>10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am Free Yoga 11:00 am W W Ex-ST 12:00 pm Game Day-PHBC 3:00 pm W W Ex-AA 7:00 pm Intergenerational Tai Chi</p>	<p>20</p> <p>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>	<p>21</p> <p>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</p>	<p>22</p> <p>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 3:00 pm Free Yoga- SUMC 3:30 pm Coffeehouse Discussion Group</p> <p>FALLS PREVENTION AWARENESS DAY 10 am—1 pm First Christian Church</p>	<p>23</p> <p>9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA</p>
<p>26</p> <p>10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am Free Yoga 11:00 am W W Ex-ST 12:00 pm Game Day-PHBC 2:00 pm Off the Shelf-PHBC 3:00 pm W W Ex-AA 7:00 pm Intergenerational Tai Chi</p>	<p>27</p> <p>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> <p>LUNCH & LEARN EXERCISE SAMPLER: First United Church of Christ 12-2 pm</p>	<p>28</p> <p>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</p>	<p>29</p> <p>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 3:00 pm Free Yoga- SUMC 3:30 pm Coffeehouse Discussion Group</p>	<p>30</p> <p>9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA</p>



of Greater Winston-Salem

Senior Program Calendar Classes and Events October 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
3 10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am Free Yoga 11:00 am W W Ex-ST 12:00 pm Game Day-PHBC 1:00 pm Free Yoga- PHBC 2:00 pm Chi Kung- PHBC 3:00 pm W W Ex-AA 7:00 pm Intergenerational Tai Chi	4 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	5 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	6 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	7 9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA
10 10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am Free Yoga 11:00 am W W Ex-ST 12:00 pm Game Day-PHBC 1:00 pm Free Yoga- PHBC 2:00 pm Chi Kung- PHBC 3:00 pm W W Ex-AA 7:00 pm Intergenerational Tai Chi	11 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	12 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	13 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	14 9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA
17 10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am Free Yoga 11:00 am W W Ex-ST 12:00 pm Game Day-PHBC 1:00 pm Free Yoga- PHBC 2:00 pm Chi Kung-PHBC 3:00 pm W W Ex-AA 7:00 pm Intergenerational Tai Chi	18 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 ADVENTURES IN LEARNING College Park Baptist Church	19 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	20 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 3:30 pm Tai Chi- CVA 3:30 pm Coffeehouse Discussion Group ADVENTURES IN LEARNING College Park Baptist Church	21 9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA
24 10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am Free Yoga 11:00 am W W Ex-ST 12:00 pm Game Day-PHBC 1:00 pm Free Yoga- PHBC 2:00 pm Chi Kung- PHBC 3:00 pm W W Ex-AA 7:00 pm Intergenerational Tai Chi "DAY TRIP" Autumn Leaves Peak	25 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 Lunch & Learn "Off the Shelf" with Rose Ann Wade First United Church of Christ & Adventures in Learning College Park Baptist Church	26 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	27 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 Adventures in Learning College Park Baptist Church	28 9:30 am Bridge 10:00 am Morning Movie- LC 11:00 am W W Ex-AA
31 10:00 am Bridge 10:00 am Arts & Crafts- LC 11:00 am Free Yoga 11:00 am W W Ex-ST 12:00 pm Game Day-PHBC 1:00 pm Free Yoga- PHBC 2:00 pm Chi Kung- PHBC 3:00 pm W W Ex-AA 7:00 pm Intergenerational Tai Chi	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- Ladera Crest Estates; 2531 Ladera 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 			