

# Greensboro Senior Center Calendar of Events

## July 2017




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club</p>	<p><b>4</b> <b>Senior Center Closed</b></p> 	<p><b>5</b> 9:15 Chair Yoga 10:00 Piedmont Triad Farmer's Market 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting Club</p>	<p><b>6</b> 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Men's/ Women's Breakfast 10:00 Sewing Club 12:15 Tai Chi/Qigong \$</p>	<p><b>7</b> 10:00 New Citizenship Celebration 1:00-5:00 Senior Center Activities Cancelled</p>
<p><b>10</b> 9:00 A Matter of Balance Workshop 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club</p>	<p><b>11</b> 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p><b>12</b> 9:15 Chair Yoga 10:00 Piedmont Triad Farmer's Market 10:00 Water Exercise (GAC) \$ 10:15 Home Health Care Policy Presentation 12:30 Cooking School 1:00 Crochet/Knitting</p>	<p><b>13</b> 9:15 Better Balance, Bigger Brains 9:30 Trip to Lazy 5 Ranch \$ 10:00 Book Club 10:00 Sewing Club 12:15 Tai Chi/Qigong \$</p>	<p><b>14</b> 10:00 Bilingual Bingo</p>
<p><b>17</b> 9:00 A Matter of Balance Workshop 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Forget Me Not's Club Meeting 10:15 Dignity Memorial Presentation</p>	<p><b>18</b> 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p><b>19</b> 9:15 Chair Yoga 10:00 Piedmont Triad Farmer's Market 10:00 Water Exercise (GAC) \$ 10: 15 Sun Safety Presentation 1:00 Crochet/Knitting Club</p>	<p><b>20</b> 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 10:00 Blood Sugar Checks 12:15 Tai Chi/Qigong \$</p>	<p><b>21</b> 10:00 Bilingual Bingo 1:00-5:00 Senior Center Activities Cancelled</p>
<p><b>24</b> 9:00 A Matter of Balance Workshop 9:30 AHOY Exercise 10:00 Water Exercise (GAC) \$ 10:00 Red Hats Club Meeting</p>	<p><b>25</b> 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p><b>26</b> 9:15 Chair Yoga 10:00 Piedmont Triad Farmer's Market 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting Club</p>	<p><b>27</b> 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 10:15 Yum Yum Ice Cream Trip \$ 12:15 Tai Chi/Qigong \$</p>	<p><b>28</b> 10:00 Bilingual Bingo</p>
<p><b>31</b> 9:00 A Matter of Balance Workshop 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club</p>	<p><b>Prescription Interaction Awareness Month</b> <b>National Ice Cream Month and National Hot Dog Month</b></p> <p><u>Outings:</u> Monthly Breakfast, Lazy 5 Ranch, Yum Yum Ice Cream <u>Shopping Trips:</u> Piedmont Triad Farmer's Market</p>			

For more information or to register for classes, please contact Program Staff at 336-373-4816.

# Greensboro Senior Center Calendar of Events

## August 2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>Outings:</b> Monthly Breakfast, Grasshoppers Game, Gateway Gardens Tour</p> <p><b>Shopping Trips:</b> Dollar Tree, Gabe's, Hamrick's, Value Village, Rose's</p>	<p><b>1</b> 9:15 Better Balance, Bigger Brains 9:30 Blood Pressure Checks 10:00 Bingo</p>	<p><b>2</b> 9:15 Chair Yoga 10:00 Shopping Trip to Dollar Tree 10:00 Water Exercise (GAC) \$ 12:00 Grasshoppers Game Outing \$ 1:00 Crochet/Knitting</p>	<p><b>3</b> 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 10:00 Men's/ Women's Breakfast 12:15 Tai Chi/Qigong \$</p>	<p><b>4</b> 10:00 Bilingual Bingo 1:00-5:00 Senior Center Activities Cancelled</p>
<p><b>7</b> 9:00 A Matter of Balance Workshop 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club</p>	<p><b>8</b> 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p><b>9</b> 9:15 Chair Yoga 10:00 Shopping Trip to Gabe's 10:00 Water Exercise (GAC) \$ 12:30 Cooking School 1:00 Crochet/Knitting</p> <p><b>National Book Lover's Day</b></p>	<p><b>10</b> 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 12:15 Tai Chi/Qigong \$</p>	<p><b>11</b> 10:00 Bilingual Bingo</p>
<p><b>14</b> 9:00 A Matter of Balance Workshop 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club 10:15 Financial Literacy Presentation</p>	<p><b>15</b> 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p><b>16</b> 9:15 Chair Yoga 10:00 Shopping Trip to Hamrick's 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting</p>	<p><b>17</b> 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 10:00 Blood Sugar Checks 12:15 Tai Chi/Qigong \$</p>	<p><b>18</b> 10:00 Bilingual Bingo 1:00-5:00 Senior Center Activities Cancelled</p>
<p><b>21</b> 9:00 A Matter of Balance Workshop 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Forget Me Nots Club Meeting 10:00 Gateway Gardens Tour</p> <p><b>National Senior Citizens Day</b></p>	<p><b>22</b> 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p><b>23</b> 9:15 Chair Yoga 10:00 Shopping Trip to Value Village 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting</p>	<p><b>24</b> 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 12:15 Tai Chi/Qigong \$</p>	<p><b>25</b> 10:00 Bilingual Bingo</p>
<p><b>28</b> 9:00 A Matter of Balance Workshop 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Red Hats Club Meeting</p>	<p><b>29</b> 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p><b>30</b> 9:15 Chair Yoga 10:00 Shopping Trip to Rose's 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting</p>	<p><b>31</b> 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 12:15 Tai Chi/Qigong \$</p>	<p><b>National Eye Exam Month</b> <b>National Parks Month</b></p>

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