

Greensboro Senior Center Calendar of Events

March 2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>National Nutrition Month March Outings & Trips</p> <p><u>Outings to:</u> Gateway Gardens <u>Shopping Trips to:</u> Goodwill, Carolina Thrift, Hamrick's, Dollar General and Aldi</p>		<p>1 9:15 Chair Yoga 10:00 Shopping Trip to Goodwill 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting Club 1:00 VITA Tax Prep</p>	<p>2 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Mens/ Women's Breakfast 12:15 Tai Chi/Qigong \$</p>	<p>3 10:00 Bilingual Bingo 1:00 VITA Tax Prep</p> <p>Registration Deadline for Senior Games!</p>
<p>6 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club 10:15 Computer & Smart Phone Training 1:00 VITA Tax Prep</p>	<p>7 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>8 9:15 Chair Yoga 10:00 Shopping Trip to Carolina Thrift 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting Club 1:00 VITA Tax Prep</p>	<p>9 9:15 Better Balance, Bigger Brains 10:00 Book Club 12:15 Tai Chi/Qigong \$ 12:30 Cooking School</p>	<p>10 10:00 Bilingual Bingo 1:00 VITA Tax Prep</p>
<p>13 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club 10:15 Carbs: The Good & The Bad Presentation 1:00 VITA Tax Prep</p>	<p>14 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>15 9:15 Chair Yoga 10:00 Shopping Trip to Hamrick's 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting Club 1:00 VITA Tax Prep</p>	<p>16 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Blood Sugar Checks 12:15 Tai Chi/Qigong \$</p>	<p>17 10:00 Bilingual Bingo 1:00 VITA Tax Prep</p> <p>HAPPY ST. PATRICK'S DAY!</p> 
<p>20 9:30 AHOY Exercise 10:00 Water Exercise (GAC) \$ 10:00 Forget Me Nots Club Meeting 10:00 Sewing Club 1:00 VITA Tax Prep</p>	<p>21 9:15 Better Balance, Bigger Brains 10:00 Monthly Movie</p>	<p>22 9:15 Chair Yoga 10:00 Shopping Trip to Dollar General 10:00 Water Exercise (GAC) \$ 10:15 Fraudulent Abuse Presentation 1:00 Crochet/Knitting Club 1:00 VITA Tax Prep</p>	<p>23 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Gateway Gardens Trip 12:15 Tai Chi/Qigong \$</p>	<p>24 10:00 Bilingual Bingo 1:00 VITA Tax Prep</p>
<p>27 9:30 AHOY Exercise 10:00 Water Exercise (GAC) \$ 10:00 Red Hats Club 1:00 VITA Tax Prep</p>	<p>28 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>29 9:15 Chair Yoga 10:00 Shopping Trip to Aldi 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting Club 1:00 VITA Tax Prep</p>	<p>30 9:15 Better Balance, Bigger Brains 10:00 Book Club 12:15 Tai Chi/Qigong</p>	<p>31 10:00 Bilingual Bingo 1:00 VITA Tax Prep</p>

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

Greensboro Senior Center Calendar of Events

April 2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club 10:15 Senior America Info./Presentation 1:00 VITA Tax Prep</p>	<p>4 9:15 Better Balance, Bigger Brains 9:30 Blood Pressure Checks 10:00 Bingo</p>	<p>5 9:15 Chair Yoga 10:00 Shopping Trip to Gabe's 10:00 Water Exercise (GAC) \$ 10:00 Stress Presentation 1:00 Crochet/Knitting 1:00 VITA Tax Prep</p>	<p>6 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Mens/ Women's Breakfast 12:15 Tai Chi/Qigong \$</p>	<p>7 10:00 Bilingual Bingo 1:00 VITA Tax Prep</p>
<p>10 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club 10:15 Crafts with Calise 1:00 VITA Tax Prep</p>	<p>11 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>12 9:15 Chair Yoga 10:00 Shopping Trip to Walmart 10:00 Water Exercise (GAC) \$ 12:00 Greensboro Grasshoppers Game \$ 12:30 Cooking School 1:00 Crochet/Knitting 1:00 VITA Tax Prep</p>	<p>13 9:15 Better Balance, Bigger Brains 10:00 Book Club 12:15 Tai Chi/Qigong \$</p>	<p>14 Senior Center Closed for Spring Holiday</p> 
<p>17 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club 10:00 Forget Me Nots Club Meeting 10:15 Crafts with Calise</p>	<p>18 9:15 Better Balance, Bigger Brains 10:00 Monthly Movie</p>	<p>19 9:15 Chair Yoga 10:00 Shopping Trip to Value Village 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting</p>	<p>20 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Blood Sugar Checks 12:15 Tai Chi/Qigong \$</p>	<p>21 10:00 Bilingual Bingo 1:00 Bridge Club</p>
<p>24 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Red Hats Club Meeting</p>	<p>25 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>26 9:15 Chair Yoga 10:00 Shopping Trip to Five Below 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting</p>	<p>27 9:15 Better Balance, Bigger Brains 10:00 Book Club 12:15 Tai Chi/Qigong \$</p>	<p>28 10:00 Bilingual Bingo 1:00 Bridge Club</p>

National Stress Awareness Month

April Outings & Trips

Outings to:

Greensboro Grasshoppers Game

Shopping Trips to: Gabe's, Walmart, Value Village and Five Below

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