

# SEPTEMBER ACTIVITIES & EVENTS 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Updated 9-4-2019</b> <b>CLOSED</b> 	<b>3</b> 9:00 Trivia Tuesday & Coffee 10:15 Whole Foods Donation Drop Off 10:30 Crafters Corner 12:15 Zumba Gold \$ 2:00 Group Board Games 3:00 Music & Movement with Shelby	<b>4</b> 9:15 ESL/Civic Instruction 9:15 Chair Yoga with Chipper 10:30 Adult Painting & Coloring 10:30 Group Board Games 2:00 Triad Senior Community Choir	<b>5</b> <b>9:15 Kindermusik Bridges Program</b> 10:00 ESL/Civic Instruction 10:15 Better Balance, Bigger Brains 12:30 Tai Chi with Eric \$ 2:00-4:00 Jewelry Making with Eunice  <b>NFL opening Day</b>	<b>6</b> 9:00 Card Games 10:00 Bilingual Bingo 10:30 Community Bingo 11:15 Pottery Class with Annie \$ 2:00-4:00 Bridge Club
<b>9</b> 9:15 ESL/Civic Instruction 9:15 AHOY with Bobby 10:00 Sewing/Quilting Class with Phyllis 11:00 Presentation: Boosting your Mood with Food & Fitness Sponsored By Humana 3:00 Puzzles to Ponder	<b>10</b> 9:00 Director and Donuts 10:15 Whole Foods Donation Drop Off 10:30 Crafters Corner: <b>11:00 Nail Time with Rilla</b> 12:15 Zumba Gold \$ 10:30 Adult Painting & Coloring 2:00 Group Board Games 3:00 Music & Movement with Shelby	<b>11</b> 9:15 ESL/Civic Instruction 9:15 Chair Yoga with Bobby 10:30 Adult Painting & Coloring 12:45 Cardio Drumming with Randi <b>INFO SESSION</b> <b>1:00 Apple Product Help</b> 2:00 Triad Senior Community Choir	<b>12</b> <b>8:30-10 TRLA The Living Smarter Series</b> 9:00 Couponing Club 10:00 ESL/Civic Instruction 10:15 Better Balance, Bigger Brains w/Joe 10:45 Blood Pressure Checks 12:30 Tai Chi with Eric \$ 2:00-4:00 Jewelry Making with Eunice	<b>13</b> <b>Day Trip to Discovery Place in Charlotte \$</b>  9:00 Card Games 10:00 Bilingual Bingo 10:30 Community Bingo 2:00-4:00 Bridge Club
<b>16</b> 9:15 ESL/Civic Instruction 9:15 AHOY with Chipper 1:00 Horticultural Therapy Class with Catherine: 2:00 Knitting Class with Barbara 3:00 Puzzles to Ponder	<b>17</b> 9:00 Trivia Tuesday & Coffee 10:15 Whole Foods Donation Drop Off 10:30 Crafters Corner 12:15 Zumba Gold \$ 2:00 Group Board Games 3:00 Music & Movement with Shelby	<b>18</b> 9-11am Hearing Screening 9:15 ESL/Civic Instruction 9:15 Chair Yoga with Chipper 10:30 Adult Painting & Coloring 12:45 Cardio Drumming with Randi \$ 2:00 Discovery Day: All about Apples \$ 2:00 Triad Senior Community Choir	<b>19</b> 9:00 Computer Basics with Shelby 10:00 ESL/Civic Instruction 10:15 Better Balance, Bigger Brains with Joe <b>11:00 Mary Kay: FOUNDATION Match</b> 12:30 Tai Chi with Eric \$ 2:00-4:00 Jewelry Making with Eunice	<b>20</b> 9:00 Card Games 10:00 Bilingual Bingo 10:30 Community Bingo 2:00-4:00 Bridge Club  <b>LAZY 5 Ranch Outing \$</b>
<b>23</b> 9:15 ESL/Civic Instruction 9:15 AHOY with Bobby 10:00 Sewing/Quilting Class with Phyllis 2:00 Educational Presentation: 10 Warning Signs of Alzheimer's 3:00 Puzzles to Ponder <b>First Day of Autumn</b>	<b>24</b> 9:00 Advisory Council 9:00 Trivia Tuesday & Coffee 10:15 Whole Foods Donation Drop Off 10:30 Crafters Corner 12:15 Zumba Gold \$ 2:00 Group Board Games 3:00 Music & Movement with Shelby	<b>25</b> 9:15 ESL/Civic Instruction 9:15 Chair Yoga with Bobby 10:30 Adult Painting & Coloring 12:45 Cardio Drumming with Randi \$ 2:00 Triad Senior Community Choir	<b>26</b> 9:00 Couponing Club 10:00 ESL/Civic Instruction 10:15 Better Balance, Bigger Brains with Joe 12:30 Tai Chi with Eric \$ 1-3 FLU SHOT Clinic with Walgreens 2:00-4:00 Jewelry Making with Eunice	<b>27 Cherokee Casino Trip \$</b>  9:00 Card Games 10:00 Bilingual Bingo 10:30 Community Bingo 12:30 Caregiver Lunch & Learn 2:00-4:00 Bridge Club
<b>30</b> 9:15 ESL/Civic Instruction 9:15 AHOY with Chipper 10:00 Fall Wreath making with Shelby 2:00 Knitting Class with Barbara 3:00 Puzzles to Ponder	<p style="text-align: center;"><b>Class Fees</b></p> <p>While several of our classes, activities and trips are provided at no cost to the participants, there are a few for which we need your support. These are marked with a dollar sign (\$) next to their name on our calendar and described in the newsletter. Fees are due before a trip or the start of a class or the time indicated on the registration form.</p> <p><i>Evergreens Lifestyle Center relies on Federal, State, Local and United Way funding in order to maintain programs and services offered. Voluntary contributions are always appreciated.</i></p> <p>Contact Shelby, Evergreens Lifestyle Center Director for more information</p> <p>(336) 373-4816 Ext 280 We are located at 1401 Benjamin Parkway</p>			