

Greensboro Senior Center Calendar of Events

May 2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club</p>	<p>2 9:15 Better Balance, Bigger Brains 9:30 Blood Pressure Checks 10:00 Bingo</p>	<p>3 9:15 Chair Yoga 10:00 Shopping Trip to Burlington Coat Factory 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting Club</p>	<p>4 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>5 10:00 Bilingual Bingo 1:00-5:00 Senior Center Activities Cancelled Happy Cinco De Mayo!</p> 
<p>8 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club 10:15 Age Out Loud Activity</p>	<p>9 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>10 9:15 Chair Yoga 10:00 Shopping Trip to Dollar General 10:00 Water Exercise (GAC) \$ 12:30 Cooking School 1:00 Crochet/Knitting</p>	<p>11 9:15 Better Balance, Bigger Brains 9:45 Strawberry Pickin' 10:00 Book Club 10:00 Sewing Club 12:15 Tai Chi/Qigong \$</p>	<p>12 10:00 Bilingual Bingo 1:00 Bridge Club</p>
<p>15 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Forget Me Nots Club Meeting</p>	<p>16 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>17 9:15 Chair Yoga 10:00 Shopping Trip Walmart 10:00 Water Exercise (GAC) \$ 10:15 Foot Care/ Choosing the Right Shoe Presentation 1:00 Crochet/Knitting Club</p>	<p>18 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>19 10:00 Bilingual Bingo 1:00-5:00 Senior Center Activities Cancelled</p>
<p>22 9:30 AHOY Exercise 10:00 Water Exercise (GAC) \$ 10:00 Red Hats Club Meeting</p>	<p>23 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>24 9:15 Chair Yoga 10:00 Piedmont Triad Farmer's Market 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting Club</p>	<p>25 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 10:15 Nutrition for Seniors Presentation 12:15 Tai Chi/Qigong \$</p>	<p>26 10:00 Bilingual Bingo 1:00 Bridge Club</p>
<p>29</p>  <p>Happy Memorial Day! Senior Center Closed</p>	<p>30 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>31 9:15 Chair Yoga 10:00 Piedmont Triad Farmer's Market 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting Club National Senior Health & Fitness Day</p>	<p>Older Americans Month National High Blood Pressure Education Month</p> <p><u>Outings:</u> Monthly Breakfast, Rudd Farm <u>Shopping Trips:</u> Burlington Coat Factory, Dollar General, Walmart, Piedmont Triad Farmer's Market</p>	

Greensboro Senior Center Calendar of Events



June 2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Elder Abuse Awareness Month National Safety Month</p> <p><u>Outings:</u> Monthly Breakfast, Art on Paper Exhibition Trip <u>Shopping Trips:</u> Hamrick's, Sylvia's, Greensboro Farmers Curb Market</p>		<p>1 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>2 10:00 Bilingual Bingo 1:00 Bridge Club</p>	
<p>5 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club 10:15 Elder Abuse Presentation</p>	<p>6 9:15 Better Balance, Bigger Brains 9:30 Blood Pressure Checks 10:00 Bingo</p>	<p>7 Senior Center Closed for Health and Wellness Expo 9:00-12:00 Health Expo</p>	<p>8 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 12:15 Tai Chi/Qigong \$</p>	<p>9 10:00 Bilingual Bingo 1:00-5:00 Senior Center Activities Cancelled</p>
<p>12 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Sewing Club</p>	<p>13 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>14 9:15 Chair Yoga 10:00 Shopping Trip to Sylvia's 10:00 Water Exercise (GAC) \$ 12:30 Cooking School 1:00 Crochet/Knitting</p>	<p>15 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 style="text-align: center;">World Elder Abuse Awareness Day</p>	<p>16 10:00 Bilingual Bingo 1:00 Bridge Club</p>
<p>19 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Forget Me Not's Club Meeting</p>	<p>20 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>21 9:15 Chair Yoga 10:00 Greensboro Farmers Curb Market 10:00 Water Exercise (GAC) \$ 10:15 Safety Presentation 1:00 Crochet/Knitting</p> <p style="text-align: center;">First Day of Summer</p>	<p>22 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 12:15 Tai Chi/Qigong \$</p>	<p>23 10:00 Bilingual Bingo 10:00 Art on Paper Exhibition Trip 1:00-5:00 Senior Center Activities Cancelled</p>
<p>26 9:30 AHOY Exercise 10:00 Water Exercise (GAC)\$ 10:00 Red Hats Club Meeting</p>	<p>27 9:15 Better Balance, Bigger Brains 10:00 Bingo</p>	<p>28 9:15 Chair Yoga 10:00 Greensboro Farmers Curb Market 10:00 Water Exercise (GAC) \$ 1:00 Crochet/Knitting</p>	<p>29 9:15 Better Balance, Bigger Brains 10:00 Book Club 10:00 Sewing Club 12:15 Tai Chi/Qigong \$</p>	<p>30 10:00 Bilingual Bingo 1:00 Bridge Club</p>