


April 2017- Gaston County Senior Center – 704-922-2165

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Senior Center Hours: M,T,TH 8:00AM – 8:00PM Wed. 8:00AM – 5:00PM Fri. 8:00AM – 12:00PM	Classes Held at: SC – Senior Center CRC – Citizen’s Resource Center FG – Flint Groves - Gastonia AS – All Saint Episcopal Church - Gastonia				1
2	3 9:00 AARP Tax Prep 9:00 Seniorcise – FG 9:00 Tai Chi 10:30 Zumba Gold 2:00 REFIT 3:00 BEGINNERS LINE DANCE – Very basic steps	4 9:00 AARP Tax Prep 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 12-5 Duplicate Bridge 2:00 Line Dance - AS 6:00 Game Night	5 9:00 AARP Tax Prep 9:00 Seniorcise – FG 9:00 Tai Chi 9-12:00 Basket Weaving – Activity Room 10-2 Craft Club 2:00 REFIT 2:00 Cooking Class – Best Pimento Cheese in Town!! B 2-4 BP Checks 3:00 Beginners Line Dance	6 9:00 Use It or Lose 10:00 Yoga 11:00 Adv. Line Dance 2:00 Line Dance – AS 6:00 Senior Self Defense	7 11:00 Silver Arts Awards Ceremony – All Silver Arts participants are invited!	8 7:00 Widowed Group of the Greater Gaston Area - Dance \$10 per person. Doors open at 6:00PM. Entertainment provided by “Silver Hawk”. Dinner is served at 6:15 – Band plays from 7:00 – 10:00
9	10 9:00 AARP Tax Prep 9:00 Seniorcise – FG 9:00 Tai Chi 10:30 Zumba Gold 2:00 REFIT 3:00 BEGINNERS LINE DANCE – Very basic steps 6:00 BINGO	11 9:00 AARP Tax Prep 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 12-5 Duplicate Bridge 2:00 Line Dance - AS 6:00 Game Night 6:00 Lupus Support Group – CRC Room B	12 9:00 AARP Tax Prep 9:00 Seniorcise – FG 9:00 Tai Chi 9-12:00 Basket Weaving – Activity Room 10-2 Craft Club 2:00 REFIT 2-4 BP Checks 3:00 Beginners Line Dance	13 9:00 Use It or Lose 10:00 Yoga 11:00 Adv. Line Dance 2:00 Line Dance – AS 6:00 Senior Self Defense Rooms A&D 6:00 Widowed Group of Greater Gaston – “The Carolina Copy Cats” A musical production of vintage music, song, and dance 6:00 Senior Meeting – CRC – Room – Senior Room A	CLOSED!	15

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16	17 9:00 AARP Tax Prep 9:00 Seniorcise – FG 9:00 Tai Chi 10:30 Zumba Gold 2:00 REFIT 3:00 BEGINNERS LINE DANCE – Very basic steps 6:00 “Just Dance” – An evening of nothing but Line Dancing!	18 9:00 AARP Tax Prep 9:00 Use It or Lose 10:00 Yoga 11:00 Adv. Line Dance 11-5 Duplicate Bridge 2:00 Line Dance – AS 6:00 Game Night 6:00 Senior Meeting – CRC – Room B	19 9:00 AARP Tax Prep 9:00 Seniorcise – FG 9:00 Tai Chi 9-12:00 Basket Weaving – CRC – Room C 10-12 Hearing Aid or Amplified Phone Info Session – CRC – Activity Room 10-2 Craft Club 2:00 REFIT 2-4 BP Checks 3:00 Beginners Line Dance	20 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance *1:00 Card Stamping \$10 for 5 cards. Please RSVP 2:00 Line Dance – AS	21 7:00 Senior Dance \$5 per person Entertainment provided by “Country Bucks” – Light Refreshments provided! Doors open at 6:00pm	22
23	24 9:00 Seniorcise – FG 9:00 Tai Chi 10:30 Zumba Gold 2:00 REFIT 3:00 BEGINNERS LINE DANCE – Very basic steps	25 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 12-5 Duplicate Bridge 2:00 Line Dance - AS 6:00 Game Night 6:00 Senior Meeting – CRC – Activity Room	26 9:00 Seniorcise – FG 9:00 Tai Chi 9-12:00 Basket Weaving – Activity Room 10-2 Craft Club 2:00 REFIT 2-4 BP Checks 3:00 Beginners Line Dance	27 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 2:00 Line Dance – AS 6:00 – Chef Norris – Healthy Italian Dishes – This is the replacement for Chef Thomas!!	28 6:00 Open Mic Night 	29
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Seniorcise - \$2 per class (FG)
 Yoga - \$2 per class
 REFIT - \$2 per class
 Beg. Line Dance - \$2 per class
 Adv. Line Dance - \$2 per class
 Tai Chi - \$2 per class
 Zumba Gold - \$2 per class
 Use it Or Lost It - \$2 per class
 Line Dance - \$2 per class (AS)
 OR \$20 Monthly for all classes
***Card Stamping \$10 for 6 cards – All materials provided**
RSVP for card stamping by 4/17/2017
 Friday Night Dance - \$5 per person

Basket Weaving - FREE
 Puzzles – FREE
 Open “Mic” Night - FREE
 Blood Pressure Check – FREE
 Bingo – FREE
 Table Tennis – FREE
 Duplicate Bridge - FREE
 Game Night - FREE
 Wellness Room - FREE
 Computer Room – FREE
 Library – FREE
 Craft Club – FREE
 Technology Devices Class - FREE

Lunch & Learns – FREE
 Outdoor Walking track - FREE
 Cooking Classes - FREE
 Bocce - FREE
 Just Dance - FREE
 AARP Tax Prep - FREE
 Self Defense - \$2 per class (6 week session)
 (Self Defense fee is not included in the \$20 monthly fee)

“Gaston County strives to ensure that people with disabilities have an equal opportunity to access its programs, services and activities. If you will require assistance to participate in a program, service or activity of Gaston County, we request that you contact our office at least 5 business days before the event.”