

December 2016 – Gaston County Senior Center – 704-922-2170

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|--|---|---|--|
| | Classes Held at: SC – Senior Center CRC – Citizen's Resource Center FG – Flint Groves AS – All Saint Episcopal Church | Senior Center Hours: M,T,TH 8:00AM – 8:00PM Wed. 8:00AM – 5:00PM Fri. 8:00AM – 12:00PM | | 1 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 2:00 Line Dance – AS | 2 10:00 Christmas Decorating Party – Gingerbread House Make,decorate and take! Please RSVP by 11/28 - \$10 per person!  | 3 |
| 4 | 5 9:00 Seniorcise – FG 9:00 Tai Chi 10:30 Zumba Gold 2:00 REFIT 3:00 BEGINNERS LINE DANCE – Very basic steps | 6 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 | 7 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 | 8 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 2:00 Line Dance – AS 6:00 Widowed Group of Greater Gaston – NO MEETING 6:00 Senior Meeting – CRC – Senior Room A | 9 1:00 – 3:00 FREE Christmas Party – Marti Vanderlip will be providing the entertainment! 7:00 – Christmas Dance – Country Bucks will be providing the entertainment! | 10 2:00 – 5:00 Heritage Christmas Village 6:00 Showing of the all time Christmas favorite “Polar Express”. Adults and children of all ages are invited to share the magic of Christmas. |
| 11 | 12 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 CHRISTMAS BINGO!  | 13 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 – RoomsA&D | 14 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 | 15 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 | 16 6:00 Christmas Open Mic Night!  | 17 7:00 Widowed Group of the Greater Gaston Area - Dance \$10 per person. Doors open at 6:00PM. Entertainment will be provided by “The Delmonicos” Dinner is served at 6:15 – Band plays from 7:00pm – 10:00pm |

December 2016 – Gaston County Senior Center – 704-922-2170

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|---|--|-----------|
| 18 | 19 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!  | 20 9:00 Use It or Lose 10:00 Yoga 11:00 Adv. Line Dance 11-5 Duplicate Bridge Christmas Party – Rooms A&D 2:00 Line Dance – AS 6:00 Game Night 6:00 Senior Meeting – CRC – Room C | 21 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 | 22 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 2:00 Line Dance – AS | 23 | 24 |
| 25  | 26 CLOSED! | 27 CLOSED! | 28 Senior Center will be open 8:00 – 5:00pm NO CLASSES! | 29 Senior Center will be open 8:00 – 5:00pm NO CLASSES! | 30 Senior Center will be open 8:00 – 5:00pm NO CLASSES! | 31 |

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 12/12/2016

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
 Support Groups - FREE
 Bocce - FREE
Christmas Decorating Party/Gingerbread House - \$10 per person
 Christmas Party - FREE
 Heritage Christmas Village - FREE

“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.”