


July 2017 – Gaston County Senior Center – 704-922-2170

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 Seniorcise – FG 9:00 Tai Chi 10:30 Zumba Gold 2:00 REFIT 3:00 BEGINNERS LINE DANCE – Very basic steps Senior Center will CLOSE at 5:00PM	4 CLOSED! 	5 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 Room B – Summit Place of KM – Stuffed Chicken Breast 2-4 BP Checks 3:00 Beginners Line Dance	6 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 2:00 Line Dance – AS Senior Center will CLOSE at 5:00PM	7 7:00 Corn Hole Tournament - \$10 per team – Tournament will be played under the lights in the horse arena. Age divisions 18 & under, 19-49, 50 & up.	8 7:00 Senior Dance \$5 per person Entertainment provided by “Country Bucks” – Light Refreshments provided! Doors open at 6:00pm
9	10 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 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 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 Widowed Group of Greater Gaston – “Dating After Loss; How to be Chosen” Marcia T. Thompson, MSW	14	15 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.
16	17 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! Has been cancelled due to lack of participation. We will pick it back up in the fall.	18 9:00 Use It or Lose 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 – Senior Room A	19 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 by 7/17/17 2:00 Line Dance – AS 6:00 Senior Meeting – CRC – Room B	21	22

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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 Home Instead – CRC - Activity Room - Veterans/ Spouses and Surviving Spouses and qualifying for Aid and Attendance benefits. 6:00 Senior Meeting – CRC – Senior Room A	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 11:00 Lunch and Learn “When it Comes to Medicare, You Have Choices” CRC – Room C – Lunch will be provided. RSVP by 7/24/17 2:00 Line Dance – AS 6:00 – Cooking with Chef Norris – “Light Summer Dishes” She has been amazing every session!	28 6:00 Open Mic Night 	29
30	31 9:00 Seniorcise – FG 9:00 Tai Chi 10:30 Zumba Gold 2:00 REFIT 3:00 BEGINNERS LINE DANCE – Very basic steps					

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 6/12/2017

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

“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.”