


## March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>SENIOR SELF DEFENSE – THURSDAY’S 6:00PM – 6 WEEK SESSION - \$2 PER CLASS! BEGINNING MARCH 9<sup>TH</sup></b>	<b>Classes Held at:</b> <b>SC – Senior Center</b> <b>CRC – Citizen’s Resource Center</b> <b>FG – Flint Groves - Gastonia</b> <b>AS – All Saint Episcopal Church - Gastonia</b>	<b>1</b> <b>9:00 AARP Tax Prep</b> <b>9:00 Seniorcise – FG</b> 9:00 Tai Chi <b>9-12:00 Basket Weaving – Activity Room</b> 10-2 Craft Club <b>2:00 REFIT</b> <b>2:00 Cooking Class – Best Chicken Salad in Town!! B</b> 2-4 BP Checks 3:00 Beginners Line Dance	<b>2</b> 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance <b>2:00 Line Dance – AS</b> <b>4:00 Follies Practice - JG</b> <b>5:00 Follies Practitce</b> <b>6:00 Follies Practice</b> <b>7:00 Follies Practice</b>	<b>3</b> <b>9:00 – 12:00 Senior Games Practice – Table Tennis – Bocce</b>	<b>4</b>
<b>5</b>	<b>6</b> <b>9:00 AARP Tax Prep</b> <b>9:00 Seniorcise – FG</b> 9:00 Tai Chi 10:30 Zumba Gold <b>2:00 REFIT</b> 3:00 BEGINNERS LINE DANCE – Very basic steps <b>5:00 Follies Practitce - JG</b> <b>6:00 Follies Practice</b> <b>7:00 Follies Practice</b>	<b>7</b> <b>9:00 AARP Tax Prep</b> 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance <b>11:00 Lunch &amp; Learn – Captel Phone CRC – Activity Room</b> 12-5 Duplicate Bridge <b>2:00 Line Dance - AS</b> 6:00 Game Night	<b>8</b> <b>9:00 AARP Tax Prep</b> <b>9:00 Seniorcise – FG</b> 9:00 Tai Chi <b>9-12:00 Basket Weaving – Activity Room</b> 10-2 Craft Club <b>2:00 REFIT</b> 2-4 BP Checks 3:00 Beginners Line Dance	<b>9</b> 9:00 Use It or Lose 10:00 Yoga 11:00 Adv. Line Dance <b>2:00 Line Dance – AS</b> <b>6:00 Senior Self Defense</b> <b>6:00 Widowed Group of Greater Gaston – Heart Health And Stroke Awareness – CaroMont Health – CRC – Room A&amp;D</b> <b>6:00 Senior Meeting – CRC – Room – Senior Room A</b>	<b>10</b> <b>9:00 – 12:00 Senior Games Practice – Table Tennis – Bocce</b>  <b>7:00 Senior Dance \$5 per person</b> <b>Entertainment provided by “Country Bucks” – Light Refreshments provided! Doors open at 6:00pm</b>	<b>11</b>
<b>12</b>	<b>13</b> <b>9:00 AARP Tax Prep</b> <b>9:00 Seniorcise – FG</b> 9:00 Tai Chi 10:30 Zumba Gold <b>2:00 REFIT</b> 3:00 BEGINNERS LINE DANCE – Very basic steps <b>6:00 BINGO</b>	<b>14</b> <b>9:00 AARP Tax Prep</b> 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 12-5 Duplicate Bridge <b>2:00 Line Dance - AS</b> <b>6:00 Lupus Support Group – CRC Room B</b>	<b>15</b> <b>9:00 AARP Tax Prep</b> <b>9:00 Seniorcise – FG</b> 9:00 Tai Chi <b>9-12:00 Basket Weaving – CRC – Room C</b> <b>10-12 Hearing Aid or Amplified Phone Info Session – CRC – Activity Room</b> 10-2 Craft Club <b>2:00 REFIT</b> 2-4 BP Checks 3:00 Beginners Line Dance	<b>16</b> 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance <b>*1:00 Card Stamping \$10 for 5 cards. Please RSVP</b> <b>2:00 Line Dance – AS</b> <b>6:00 Senior Self Defense</b>	<b>17</b> <b>9:00 – 12:00 Senior Games Practice – Table Tennis – Bocce</b>  <div style="text-align: center;"> <b>SENIOR GAMES REGISTRATION DEADLINE!</b> </div>	<b>18</b> 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

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<b>19</b>	<b>20</b> <b>9:00 AARP Tax Prep</b> <b>9:00 Seniorcise – FG</b> 9:00 Tai Chi 10:30 Zumba Gold <b>2:00 REFIT</b> 3:00 BEGINNERS LINE DANCE – Very basic steps <b>6:00 “Just Dance” – An evening of nothing but Line Dancing!</b>	<b>21</b> <b>9:00 AARP Tax Prep</b> 9:00 Use It or Lose 10:00 Yoga 11:00 Adv. Line Dance 11-5 Duplicate Bridge <b>2:00 Line Dance – AS</b> 6:00 Game Night <b>6:00 Senior Meeting – CRC – Room B</b>	<b>22</b> <b>9:00 AARP Tax Prep</b> <b>9:00 Seniorcise – FG</b> 9:00 Tai Chi <b>9-12:00 Basket Weaving – Activity Room</b> 10-2 Craft Club <b>11:00 Lunch &amp; Learn – Walgreens presenting “Poison Control – Keeping your medications safe” – CRC – Room C</b> <b>2:00 REFIT</b> 2-4 BP Checks 3:00 Beginners Line Dance	<b>23</b> 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance <b>11:00 Lunch &amp; Learn – Low Income Energy Assistance Program – Room B</b> <b>2:00 Line Dance – AS</b> <b>6:00 Senior Self Defense</b>	<b>24</b> <b>9:00 – 12:00 Senior Games Practice – Table Tennis – Bocce</b>  <b>6:00 Open Mic Night</b> 	<b>25</b>
<b>26</b>	<b>27</b> <b>LITERARY ARTS DUE!</b>  <b>9:00 AARP Tax Prep</b> <b>9:00 Seniorcise – FG</b> 9:00 Tai Chi 10:30 Zumba Gold <b>2:00 REFIT</b> 3:00 BEGINNERS LINE DANCE – Very basic steps <b>5:00 Follies Practice - JG</b> <b>6:00 Follies Practice</b> <b>7:00 Follies Practice</b>	<b>28</b> <b>9:00 AARP Tax Prep</b> 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 12-5 Duplicate Bridge <b>2:00 Line Dance - AS</b> 6:00 Game Night <b>6:00 Senior Meeting – CRC – Activity Room</b>	<b>29</b> <b>9:00 AARP Tax Prep</b> <b>9:00 Seniorcise – FG</b> 9:00 Tai Chi <b>9-12:00 Basket Weaving – Activity Room</b> 10-2 Craft Club <b>2:00 REFIT</b> 2-4 BP Checks 3:00 Beginners Line Dance	<b>30</b> 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance <b>11:00 ADVOCACY – Lunch &amp; Learn – CRC – Room B</b> <b>2:00 Line Dance – AS</b> <b>6:00 Senior Self Defense</b>	<b>31</b> <b>10:00 Mandatory Follies Rehearsal – Adult Recreation Center</b>  <b>6:00 Senior Games Silver Arts Performing Arts Follies – Adult Recreation Center Light refreshments will be served.</b>	<b>Senior Center Hours:</b> <b>M,T,TH 8:00AM – 8:00PM</b> <b>Wed. 8:00AM – 5:00PM</b> <b>Fri. 8:00AM – 12:00PM</b>

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 3/13/2017**

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)  
**SENIOR GAMES - \$15 Registration 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.”