

## May 2017 – Gaston County Senior Center – 704-922-2170

| Sun  | Mon   | Tue  | Wed  | Thu   | Fri  | Sat   |
|--|---|--|--|---|--|---|
| <b>Classes Held at:</b><br><b>SC – Senior Center</b><br><b>CRC – Citizen's Resource Center</b><br><b>FG – Flint Groves Gastonia</b><br><b>AS – All Saint Episcopal Church Gastonia</b> | <b>1</b><br><b>9:00 Seniorcise – FG</b><br>9:00 Tai Chi<br>10:30 Zumba Gold<br><b>2:00 REFIT</b><br>3:00 BEGINNERS LINE DANCE – Very basic steps  | <b>2</b><br>9:00 Use It or Lose It<br>10:00 Yoga<br>11:00 Adv. Line Dance<br>12-5 Duplicate Bridge<br><b>2:00 Line Dance - AS</b><br>6:00 Game Night   | <b>3</b><br><b>9:00 Seniorcise – FG</b><br>9:00 Tai Chi<br><b>9-12:00 Basket Weaving – Activity Room</b><br>10-2 Craft Club<br><b>2:00 REFIT</b><br><b>2:00 Cooking Class – Room B</b><br>2-4 BP Checks<br>3:00 Beginners Line Dance   | <b>4</b><br><br><b>ALL CLASSES CANCELLED for Senior Games Table Tennis.</b>   | <b>5</b>   | <b>6</b>  |
| <b>7</b>   | <b>8</b><br><b>9:00 Seniorcise – FG</b><br>9:00 Tai Chi<br>10:30 Zumba Gold<br><b>2:00 REFIT</b><br>3:00 BEGINNERS LINE DANCE – Very basic steps<br><b>6:00 BINGO</b>   | <b>9</b><br>9:00 Use It or Lose It<br>10:00 Yoga<br>11:00 Adv. Line Dance<br>12-5 Duplicate Bridge<br><b>2:00 Line Dance - AS</b><br>6:00 Game Night<br><b>6:00 Lupus Support Group – CRC Room B</b>   | <b>10</b><br><b>9:00 Seniorcise – FG</b><br>9:00 Tai Chi<br><b>9-12:00 Basket Weaving – Activity Room</b><br>10-2 Craft Club<br><b>2:00 REFIT</b><br>2-4 BP Checks<br>3:00 Beginners Line Dance  | <b>11</b><br>9:00 Use It or Lose<br>10:00 Yoga<br>11:00 Adv. Line Dance<br><b>2:00 Line Dance – AS</b><br>6:00 Widowed Group of Greater Gaston – “<br><b>6:00 Senior Meeting – CRC – Room – Senior Room A</b> | <b>12</b><br><b>7:00 Senior Dance</b><br><b>\$5 per person</b><br><b>Entertainment provided by “Country Bucks” – Light Refreshments provided! Doors open at 6:00pm</b> | <b>13</b> 7:00 Widowed Group of the Greater Gaston Area - Dance \$10 per person. Doors open at 6:00PM. Entertainment provided by “Crimson Rose”. Dinner is served at 6:15 – Band plays from 7:00 – 10:00. |
| <b>14</b>  | <b>15</b><br><b>9:00 Seniorcise – FG</b><br>9:00 Tai Chi<br>10:30 Zumba Gold<br><b>2:00 REFIT</b><br>3:00 BEGINNERS LINE DANCE – Very basic steps<br><b>6:00 “Just Dance” – An evening of nothing but Line Dancing!</b> | <b>16</b><br>9:00 Use It or Lose<br>10:00 Yoga<br>11:00 Adv. Line Dance<br>11-5 Duplicate Bridge<br><b>2:00 Line Dance – AS</b><br>6:00 Game Night<br><b>6:00 Senior Meeting – CRC – Senior Room A</b> | <b>17</b><br><b>9:00 Seniorcise – FG</b><br>9:00 Tai Chi<br><b>9-12:00 Basket Weaving – CRC – Room C</b><br><b>10-12 Hearing Aid or Amplified Phone Info Session – CRC – Activity Room</b><br>10-2 Craft Club<br><b>2:00 REFIT</b><br>2-4 BP Checks<br>3:00 Beginners Line Dance | <b>18</b><br>9:00 Use It or Lose It<br>10:00 Yoga<br>11:00 Adv. Line Dance<br><b>*1:00 Card Stamping \$10 for 5 cards. Please RSVP by 5/15/17</b><br><b>2:00 Line Dance – AS</b>                              | <b>19</b>  | <b>20</b><br><br>6:00 Senior Games Closing Ceremonies   |

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|-----------|---|---|---|---|---|-----------|--|
| <b>21</b> | <b>22</b><br><b>9:00 Seniorcise – FG</b><br>9:00 Tai Chi<br>10:30 Zumba Gold<br><b>2:00 REFIT</b><br>3:00 BEGINNERS LINE DANCE – Very basic steps | <b>23</b><br>9:00 Use It or Lose It<br>10:00 Yoga<br>11:00 Adv. Line Dance<br>12-5 Duplicate Bridge<br><b>2:00 Line Dance - AS</b><br>6:00 Game Night<br><b>6:00 Senior Meeting – CRC – Senior Room A</b> | <b>24</b><br><b>9:00 Seniorcise – FG</b><br>9:00 Tai Chi<br><b>9-12:00 Basket Weaving – Activity Room</b><br>10-2 Craft Club<br><b>2:00 REFIT</b><br>2-4 BP Checks<br>3:00 Beginners Line Dance                 | <b>25</b><br>9:00 Use It or Lose It<br>10:00 Yoga<br>11:00 Adv. Line Dance<br><b>2:00 Line Dance – AS</b><br><b>6:00 – Chef Norris – Healthy Greek Dishes – This is the replacement for Chef Thomas!! Her last session was amazing.</b> | <b>26</b><br>6:00 Open Mic Night<br> | <b>27</b> |  |
| <b>28</b> | <b>29</b><br><b>9:00 Seniorcise – FG</b><br>9:00 Tai Chi<br>10:30 Zumba Gold<br><b>2:00 REFIT</b><br>3:00 BEGINNERS LINE DANCE – Very basic steps | <b>30</b><br>9:00 Use It or Lose It<br>10:00 Yoga<br>11:00 Adv. Line Dance<br>12-5 Duplicate Bridge<br><b>2:00 Line Dance - AS</b><br>6:00 Game Night   | <b>31</b><br><b>HEATH FAIR</b><br><b>9:00 Fun Walk – Free t-shirt for all walkers.</b><br><br><b>10:00 Vendor Displays</b><br><br><b>ALL CLASSES ARE CANCELED SO EVERYONE CAN TAKE PART IN THE HEALTH FAIR!</b> | <b>Senior Center Hours:</b><br><b>M,T,TH 8:00AM – 8:00PM</b><br><b>Wed. 8:00AM – 5:00PM</b><br><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 5/15/2017](#)

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.”