

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Classes Held at: SC – Senior Center – Black CRC – Citizen’s Resource Center FG – Flint Groves AS – All Saint Episcopal Church	1 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	2 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	3 9:00 Use It or Lose It 10:00 Yoga 11:00 Adv. Line Dance 2:00 Line Dance – AS	4 10:00 Table Tennis	5
6	7 9:00 Seniorcise – FG 9:00 Tai Chi 10:30 Zumba Gold 2:00 REFIT 3:00 BEGINNERS LINE DANCE – Very basic steps	8 9-11 National Memory Screening Day 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 A&D	9 9:00 Seniorcise – FG 9:00 Tai Chi 9-12:00 Basket Weaving – Activity Room 10:00 Senior Games Steering Committee – Senior Room A 10-2 Craft Club 2:00 REFIT 2-4 BP Checks 3:00 Beginners Line Dance	10 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 Meeting – An Evening of Music, Song & Dance with James Bates 6:00 Senior Meeting – CRC – Senior Room A	11 CLOSED  Veterans Day	12
13	14 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	15 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 – Room C	16 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	17 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 6:00 Chef Thomas – Holiday Party Dishes – Thanksgiving, Christmas and New Year!	18 10:00 Table Tennis 7:00 Senior Dance \$5 per person Entertainment provided by “Country Bucks” – Light Refreshments provided! Doors open at 6:00pm	19 7:00 Widowed Group of the Greater Gaston Area - Dance \$10 per person. Doors open at 6:00PM. Entertainment will be provided by “Silver Hawk” Dinner is served at 6:15 – Band plays from 7:00pm – 10:00pm

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20	21 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!	22 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	23 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	24 CLOSED 	25 CLOSED 	26	
27	28 9:00 Seniorcise – FG 9:00 Tai Chi 10:30 Zumba Gold 2:00 REFIT 3:00 BEGINNERS LINE DANCE – Very basic steps	29 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	30 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	Senior Center Hours: M,T,TH 8:00AM – 8:00PM Wed. 8:00AM – 5:00PM Fri. 8:00AM – 12:00PM			

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 11/14/2016

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

Cooking Classes - FREE

Bocce - 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.”