

FEBRUARY 2024

CLASS CALENDAR (SEE REVERSE SIDE FOR EVENTS)

Senior Center Hours: Monday, Tuesday, Thursday 8am – 8pm

GASTON COUNTY SENIOR CENTER

1303 DALLAS-CHERRYVILLE HWY * DALLAS, NC * 704-922-2170

Wednesday 8am – 5pm

Friday 8am – 12pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>FREE Classes: Basketweaving, Duplicate Bridge, Game Night, Wellness and Computer Room, Library</p> <p>\$2 Classes: Crochet, Line Dancing, Seniorcise, Senior Yoga, Tai Chi, Use it or Lose it, Zumba</p>				<p>1 9:00 Use It or Lose It 10:00 Senior Yoga 11:00 Line Dance (Advanced) 6:30 Crochet</p>	<p>2 9:00 Seniorcise</p>	<p>3 10:00 Senior Games Kickoff at Gaston County Senior Center</p>
4	<p>5 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance (Beginner) 12:00 Tai Chi (Intermediate) 1:00 Tai Chi (Beginner)</p>	<p>6 9:00 Use It or Lose It 10:00 Senior Yoga 11:00 Line Dance (Advanced) 12:15 – 4 Duplicate Bridge 5:00 Game Night</p>	<p>7 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance (High Beginner) 12:00 Tai Chi (Intermediate) 1:00 Tai Chi (Beginner)</p>	<p>8 9:00 Use It or Lose It 10:00 Senior Yoga 11:00 Line Dance (Advanced) 6:30 Crochet</p>	<p>9 9:00 Seniorcise</p>	10
11	<p>12 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance (Beginner) 12:00 Tai Chi (Intermediate) 1:00 Tai Chi (Beginner)</p>	<p>13 9:00 Use It or Lose It 10:00 Senior Yoga 11:00 Line Dance (Advanced) 12:15 – 4 Duplicate Bridge 5:00 Game Night</p>	<p>14 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance (High Beginner) 12:00 Tai Chi (Intermediate) 1:00 Tai Chi (Beginner)</p>	<p>15 9:00 Use It or Lose It 10:00 Senior Yoga 11:00 Line Dance (Advanced) 6:30 Crochet Cancelled</p>	<p>16 9:00 Seniorcise</p>	17
18	<p>19 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance (Beginner) 12:00 Tai Chi (Intermediate) 1:00 Tai Chi (Beginner)</p>	<p>20 9:00 Use It or Lose It 10:00 Senior Yoga 11:00 Line Dance (Advanced) 12:15 – 4 Duplicate Bridge 5:00 Game Night</p>	<p>21 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance (High Beginner) 12:00 Tai Chi (Intermediate) 1:00 Tai Chi (Beginner)</p>	<p>22 9:00 Use It or Lose It 10:00 Senior Yoga 11:00 Line Dance (Advanced) 6:30 Crochet</p>	<p>23 9:00 Seniorcise</p>	24
25	<p>26 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance (Beginner) 12:00 Tai Chi (Intermediate) 1:00 Tai Chi (Beginner)</p>	<p>27 9:00 Use It or Lose It 10:00 Senior Yoga 11:00 Line Dance (Advanced) 12:15 – 4 Duplicate Bridge 5:00 Game Night</p>	<p>28 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance (High Beginner) 12:00 Tai Chi (Intermediate) 1:00 Tai Chi (Beginner)</p>	<p>29 9:00 Use It or Lose It 10:00 Senior Yoga 11:00 Line Dance (Advanced) 6:30 Crochet</p>	<p>It's time for Gaston County Senior Games to begin! See you at the kickoff on Saturday, 2/3 at 10am. Light breakfast served. See you there!!</p>	

“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.”

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>It's time for Gaston County Senior Games to begin! See you at the kickoff on Saturday, 2/3 at 10am. Light breakfast served. Bring a friend. See you there!!</p>				<p>1</p>	<p>2 10:30 Music Jam</p>	<p>3 10:00 Senior Games Kickoff at Gaston County Senior Center</p>
<p>4</p>	<p>5 2:00 Matter of Balance 6:30 Shag Lessons (beginner) 7:30 Shag Lessons (Intermediate)</p>	<p>6</p>	<p>7 2:00 Matter of Balance</p>	<p>8 3:00 McIntyre Elder Law in Activity Room. Must sign up.</p>	<p>9 2:00 Valentine's Day Party. Must sign up.</p>	<p>10</p>
<p>11</p>	<p>12 2:00 Matter of Balance 6:30 Shag Lessons (beginner) 7:30 Shag Lessons (Intermediate)</p>	<p>13</p>	<p>14 2:00 Matter of Balance</p>	<p>15 1:00 'MyChart App' with Deidre Pippins with Senior Planet / OATS (Older Adult Tech Services) in Activity Room. 1:00 Card Stamping. Contact Esther Boyle at 704-860-3646 for more information.</p>	<p>16 1:00 Self Defense with Shawn McGinnis</p>	<p>17 8:00am - Card Stamping Contact Esther Boyle at 704-860-3646 no later than January 31.</p>
<p>18</p>	<p>19 2:00 Matter of Balance 6:30 Shag Lessons (beginner) 7:30 Shag Lessons (Intermediate)</p>	<p>20 6:00 Senior Meeting with John Stainback in Senior Room A. May have to change meeting room.</p>	<p>21 10:00 Tech Talk 1:00 Book Club 2:00 Matter of Balance</p>	<p>22 1:00 Protecting Your Personal Information Online with Deidre Pippins with Senior Planet / OATS (Older Adult Tech Services) in Activity Room 3:00 Trivia with Winslow in Activity Room</p>	<p>23 5:00 Karaoke Contact Joyce Dennis at 704-460-0128 for more information.</p>	<p>24</p>
<p>25</p>	<p>26 2:00 Matter of Balance 3:00 BINGO!</p>	<p>27</p>	<p>28 2:00 Matter of Balance</p>	<p>29</p>	<p>Matter of Balance class begins on Monday, February 5. Call 704-922-2170 to reserve your spot. This class is for you if you struggle with balance in your everyday life. This class is FREE, but we have limited space. Call now!</p>	