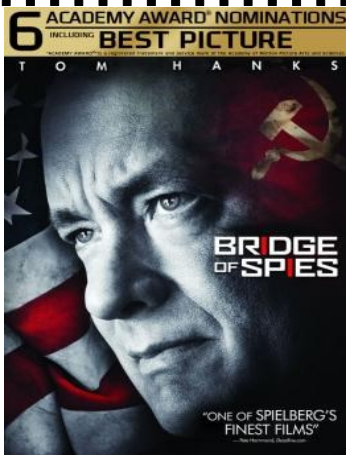




Garner Senior Center Center of Excellence

MARCH 2016 NEWSLETTER



BRIDGE OF SPIES

Thursday, March 3, 2016

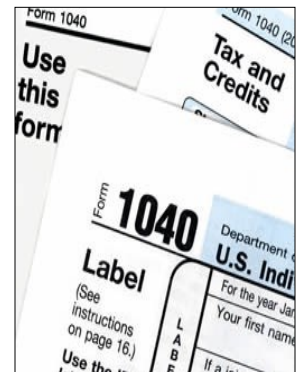
Start Time: 1:00 PM

During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers.

TAX AID

Tuesday and Thursday February 2—April 14

Avery Street Annex	Thu, Mar 17—Thu, Apr 14	12pm-4pm
Town Hall Building B	Thu, Feb 25—Tue Mar 15	12pm-4pm



Smithfield/Selma

Tour of Antique District and "Shadowhawk" Western Town

We will visit the antique district of Selma and have lunch (on your own). We will then tour Shadowhawk, a replica of the old west.

Resident: \$10 Non-Resident: \$13

Thursday, March 24 10am-4pm



NC State Students PRESENT Country Fair

March 23 2-4 PM

Bring your family to enjoy a free afternoon of Country Fair themed games, food, drinks, and exciting prizes.

LOCATION: White Deer Park - Sweet Gum Shelter -
2400 Aversboro Road



Pre-Register by March 16

Blood Pressure Screening	Wed., March 2 and March 16	10:00am
Diabetes Support Group	Tuesday, March 8	10:00am
Long Term Care Options	Tuesday, March 8	10:15am
SHIIP Counseling	Wed., March 9 and March 23	1:00-4:00pm
Working Through Your Grief	Monday, March 14	10:00am
Games of Chance/Feeling Lucky???	Tuesday, March 15	10:10am
Heart Connection	Monday, March 28	10:00am
Clutter vs. Hoarding	Wednesday, March 30	10:10am

CONTACT INFORMATION

Garner Senior Center

205 East Garner Road; Garner, NC 27529

Telephone: (919) 779-0122

Hours of operation are Monday - Thursday, 8:00am - 8:00pm

Friday 8:00am - 5:00pm, and weekends as scheduled.

Meals on Wheels of Wake Co.

Telephone: (919) 772-5057

Sarahgale Holbrook, Director

Operating Hours: Monday - Friday, 10:00am - 2:00pm

Resources for Seniors, Inc.

Telephone: (919) 661-6894

Rebecca J. Brown, Service Coordinator Office Hours: 9:30am - 1:30pm

ON GOING

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Indoor Walking 9:00 Tennis-Off Site 9:00 Intro to Pickleball <i>Pass</i> 9:30 Chair Fitness 10:00 On the Mend 10:30 Line Dancing <i>Pass</i> 12:00 Bowling-Off Site 12:00 Turtle Walking 12:30 Pinochle 1:00 Table Tennis - non competitive <i>Pass</i> 1:00 Trivia 2nd Monday 1:00 Scrabble 2:00 Indoor Walking 4:30 Senior Yoga (bring a mat) <i>Pass</i> 5:30 TOPS \$ Weigh In 6:00 TOPS \$ Meeting	8:00 Indoor Walking TBA Fun Golfers-Off Site 9:30 Senior Fitness <i>Pass</i> 10:00 On the Mend 11:00 Line Dancing <i>Pass</i> 12:30 Bridge 12:30 Indoor Walking 12:30 Card Games 1:00 Chess Lessons 1:30 Pickle Ball-competitive <i>Pass</i> 3:30 Pickleball-non competitive <i>Pass</i>	8:00 Indoor Walking 9:00 TableTennis-non competitive <i>Pass</i> 9:00 Table Games 9:30 Chair Fitness 10:45 Book Club Senior Moments 3rd Wed 11:00 Intro to Line Dancing <i>Pass</i> (8 wk sess-check calendar below) 12:00 Turtle Walking 12:00 Woodcarving 12:15 Chorus 1:00 Dominoes 1:30 Bingo 1:30 Canasta 2:30 Indoor Walking 3:30 Basketball <i>Pass</i> 5:45 Senior Fitness (bring a mat) <i>Pass</i>	8:00 Indoor Walking 9:00 Tennis-Off Site 9:30 Senior Fitness Dance Fitness <i>Pass</i> 12:00 Beginner Bridge 12:00 Beg. Bridge Lessons 12:00 Bowling-Off Site 12:30 Card and Board Games 1:00 Indoor Walking 1:30 Int Bridge Lessons 4:30 Line Dance Workshop 3rd Thursday <i>Pass</i> 5:00 Line Dancing <i>Pass</i> 5:00 Games and Cards 5:00 Arts League Open Art Studio	8:00 Indoor Walking 9:30 Chair Fitness 9:00 Table Tennis-competitive <i>Pass</i> 10:00 Needlework 10:00 Meditation 10:00 Painting with Acrylics 10:15 Pickleball-non competitive <i>Pass</i> 11:45 Stretch and Flex <i>Pass</i> 12:30 Bridge 12:45 Beg.Table Tennis <i>Pass</i> 1:00 Hand & Foot (cards) 1:30 Pickleball-competitive <i>Pass</i> 1:30 TOPS \$ Weigh In 2:00 TOPS \$ Meeting Close at 5:00 pm

MARCH 2016

	1	2	3	4
	9:30 Sr. Fitness-Nancy 9:30 Color Me Calm NEW!	10:00 Blood Pressure and Weight Check 1:00 Senior Circuit- NEW!	9:30 Dance Fitness - Tina C 10-1 Mixed Media-Paper Mache Masks 1:00 The Bridge of Spies	10:30 Fix it Fridays
7	8	9	10	11
12:00 Clogging 5:15 Hooping with Nancy	9:30 Sr. Fitness-Nancy 9:30 Color Me Calm NEW! 10:00 Diabetes Support Group	10:15 Long Term Care Options 11:00 Intro to Line Dancing 1:00 Senior Circuit- NEW! 1-4 SHIP Counseling	9:30 Sr Fitness- Karen 1:00 Throw Back Thursday-Classic Movie "To Kill a Mockingbird"	Sat. Mar 12 Dance Fusion Drop In
14	15	16	17	18
10:00 Working Through Your Grief 12:00 Clogging 1:00 Trivia	9:30 Sr. Fitness-Nancy 9:30 Color Me Calm NEW! 10:10 Games of Chance/Feeling Lucky ???	10:00 Blood Pressure and Weight Check 10:45 Book Club 11:00 Intro to Line Dancing 1:00 Senior Circuit- NEW!	9:30 Dance Fitness - Tina C 10-1 Mixed Media 1:00 Throw Back Thursday-Classic Movie "Princess Bride" 4:30 Line Dance Workshop	9:00 Newcomer Orientation Breakfast 7:00 Dance N2 Shape Party
21	22	23	24	25
12:00 Clogging	9:30 Sr. Fitness-Nancy 9:30 Color Me Calm NEW!	11:00 Intro to Line Dancing 1:00 Senior Circuit- NEW! 1-4 SHIP Counseling 2-4 Country Fair - NC State Students at WDP	9:30 Sr Fitness- Karen 10:00 Selma Tour of Shadowhawk 1:00 Throw Back Thursday-Classic Movie "Butch Cassidy and Sundance Kid" Center Closes at 5PM	Good Friday Center Closed
29	30	31	Tax Aid Tuesday and Thursdays Feb 2-April 14	
10:00 Heart Connection Group 12:00 Clogging	9:30 Sr. Fitness-Tina C. 9:30 Color Me Calm NEW!	10:10 Clutter vs. Hoarding 11:00 Intro to Line Dancing 1:00 NO CIRCUIT CLASS 1:30 Pot of Gold Bingo	9:30 Sr Fitness- Karen 10:00 Selma Tour of Shadowhawk	Tuesdays 12-6 pm Thursdays 12-4 pm Avery Street Annex 2.2-2.23 & 3.17-3.14 Town Hall Bld B 2.25-3.15