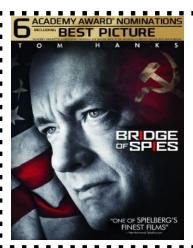


# GSC Garner Senior Center Center of Excellence

### 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



"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





# **Special Classes/Activities**

<u>Color Me Calm</u> - Coloring reduces stress and anxiety. Trains your brain to focus, Lets you be you. Helps your fine motor skills and vision. This is your time, so color however you want. Some books and markers available but bring your own markers, gel pens, colored pencils ... if able.

FREE Tuesdays 9:30am-11:00am

<u>Fix-It Fridays</u> - Sponsored by the Garner Public Works Department. Learn tips to use at home that can save you a service trip and money! Topics will vary each month.

FREE Fri Mar 4 10:30am

**<u>Trivia</u>** - Team up with some of your friends or let us pick a team for you. Bring your energy and your brains to challenge other teams.

FREE Mon Mar 14 1:00pm-2:00pm

<u>Expressions in Mixed Media</u> - Have fun learning the basics of making paper mache masks and sculptures. You can choose to do a whimsical mask, a simple bowl or maybe even a creature from the sea. First class will involve shaping the object(s), then you can come back for the second class on March 17 where we will decorate and paint the piece. (You can easily paint the piece at home if you can't attend the last class).

Resident: \$10+Supplies Thu Mar 3 and Mar 17 10am-12:30pm

Non-Resident: \$13+Supplies

<u>Newcomer Orientation Breakfast</u> - Meet other new members and learn about the variety of programs and classes you can enjoy at the Garner Senior Center. A continental breakfast will be provided by area sponsoring agencies. Please sign-up at the front desk. Sponsored by

FREE Fri Mar 18 9:00am-10:00am

## Throw Back Thursday - Classic Movies



Participants can bring in suggestions of their favorite classic movies to be included in this series.

You are encouraged to bring refreshments to share.

### ADULT / EVENING ACTIVITIES (Pre-Registration Required)

Yoga Fusion	Tue	Mar 8 - May 10	5:00pm-6:00pm
Yoga Hatha	Tue	Mar 8 - May 10	6:05pm-7:05pm
Line Dance N2 Shape (Advanced)	Thu	Mar 10-Apr 21	7:05pm-8:00pm
Dance Fusion Drop-In	Sat	Mar 12	9:00am-10:00am
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Line Dance N2 Shape Party	Fri	Mar 18	7:00pm-8:30pm
Dance Fusion	Sat	Mar 19-Apr 30	9:00am-10:00am
Thursday Night Zumba	Thu	Mar 31-Apr 28	6:00pm-7:00pm

# **NC State Students**

**PRESENT** 

# **Country Fair**



Pre-Register by March 16

March 23 2-4 PM

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

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

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

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Hours of Operation:



	GC Hours of Ope Monday-Thu	ration: rsday 8:00 am-8:00 pm	<b>GARNER</b>		
	Friday 8:00	am - 5:00 pm	A Great Place to	St. Samuel	
	Monday	Tuesday	Vednesday	Thursday	Friday
		8:00 Indoor Walking	8:00 Indoor Walking	8:00 Indoor Walking	8:00 Indoor Walking
- 1	9:00 Tennis-Off Site	TBA Fun Golfers-Off Site	9:00 TableTennis-non competitve Pass	9:00 Tennis-Off Site	9:30 Chair Fitness
	9:00 Intro to Pickleball <b>Pass</b> 9:30 Chair Fitness	9:30 Senior Fitness <i>Pass</i> 10:00 On the Mend	9:00 Table Games 9:30 Chair Fitness	9:30 Senior Fitness! Dance Fitness Pass	3:00 Table Tennis-competitive Pass 10:00 Needlework
- 1	0:00 On the Mend	11:00 Line Dancing Pass	10:45 Book Club Senior Moments 3rd Wed	12:00 Beginner Bridge	10:00 Meditation
ַ! פ	0:30 Line Dancing Pass	12:30 Bridge	11:00 Intro to Line Dancing Pass	12:00 Beg. Bridge Lessons	10:00 Painting with Acrylics
	2:00 Bowling-Off Site 2:00 Turtle Walking	12:30 Indoor Walking 12:30 Card Games	(8 wk sess-check calendar below) 12:00 Turtle Walking	12:00 Bowling-Off Site 12:30 Card and Board Games	10:15 Pickleball-non competitive Pass 11:45 Stretch and Flex Pass
<u>ا</u> 2	2:30 Pinochle	1:00 Chess Lessons	12:00 Woodcarving	1:00 Indoor Walking	12:30 Bridge
	:00 TableTennis -	1:30 Pickle Ball-competitive Pass	12:15 Chorus	1:30 Int Bridge Lessons	12:45 Beg.Table Tennis Pass
_	on competitive <i>Pass</i> :00 Trivia 2nd Monday	3:30 Pickleball-non competitive Pass	1:00 Dominoes 1:30 Bingo	4:30 Line Dance Workshop 3rd Thursday <i>Pass</i>	1:00 Hand & Foot (cards) 1:30 Pickleball-competitive <i>Pass</i>
	:00 Scrabble		1:30 Canasta	5:00 Line Dancing Pass	1:30 TOPS \$ Weigh In
	2:00 Indoor Walking		2:30 Indoor Walking	5:00 Games and Cards	2:00 TOPS \$ Meeting
	k:30 Senior Yoga (bring a mat) <i>Pass</i> i:30 TOPS \$ Weigh In		3:30 Basketball <i>Pass</i> 5:45 Senior Fitness (bring a mat) <i>Pass</i>	5:00 Arts League Open Art Studio	Close at 5:00 pm
	5:00 TOPS \$ Meeting		5.45 Sellor Francis (Dring a mar) 2-455		
		1	2	3	4
		9:30 Sr. Fitness-Nancy		9:30 Dance Fitness - Tina C	
		9:30 Color Me Calm <b>NEW!</b>	10:00 Blood Pressure and Weight Check	10-1 Mixed Media-Paper Mache Masks	10:30 Fix it Fridays
			1:00 Senior Circuit-NEW!		
L,				1:00 The Bridge of Spies	
١		8 9:30 Sr. Fitness-Nancy	3 10/45 Lang Transp Core Options	10 9:30 Sr Fitness- Karen	11
	2:00 Clogging	9:30 Color Me Calm NEW!	10:15 Long Tearm Care Options 11:00 Intro to Line Dancing	5:50 SF Fitness- Karen	
1	2:00 clogging	10:00 Diabetes Support Group	1:00 Senior Circuit-NEY!	1:00 Throw Back Thursday-Classic Movie	
١,	i:15 Hooping with Nancy	10.00 Diabetes support aroup	1-4 SHIIP Counseling	"To Kill a Mockingbird"	
	,			·	Sat. Mar 12 Dance Fusion Drop In
	4	15	16	17	18
1	0:00 Working Through Your Grief	9:30 Sr. Fitness-Nancy	10:00 Blood Pressure and Weight Check	9:30 Dance Fitness - Tina C	9:00 Newcomer Orientation Breakfast
1	2:00 Clogging	9:30 Color Me Calm <b>NEW!</b>	10:45 Book Club	10-1 Mixed Media	
1	:00 Trivia	10:10 Games of Chance/Feeling Lucky ???	11:00 Intro to Line Dancing	1:00 Throw Back Thursday-Classic Movie	7:00 Dance N2 Shape Party
				" Princess Bride"	
ı,			1:00 Senior Circuit- <b>NEW!</b>	4:30 Line Dance Workshop	
	21	22	23	24	25
		9:30 Sr. Fitness-Nancy	11:00 Intro to Line Dancing	9:30 Sr Fitness- Karen	
	0.00.01	9:30 Color Me Calm <b>NEW!</b>	1:00 Senior Circuit-NEW!	10:00 Selma Tour of Shadowhawk	Good Friday
	2:00 Clogging		1-4 SHIIP Counseling	1:00 Throw Back Thursday-Classic Movie	Center Closed
			2-4 Country Fair - NC State Students at WDP	"Butch Cassidy and Sundance Kid"  Center Closes at 5PM	
	29	23	2-4 Country Fair - NC State Students at WDP	31	
_	0:00 Heart Connection Group	9:30 Sr. Fitness-Tina C.			Tax Aid Tuesday and Thursdays Feb 2-April 14
	2:00 Clogging	9:30 Color Me Calm <b>NEW!</b>	10:10 Clutter vs. Hoarding		Tuesdays 12-6 pm
			11:00 Intro to Line Dancing		Thursdays 12-4 pm
			1:00 NO CIRCUIT CLASS		Avery Street Annex 2.2-2.23 & 3.17-3.14

1:30 Pot of Gold Bingo

Town Hall Bld B 2.25-3.15